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'TABLOID'.

A Brief Medical Guide

for Explorers, Missionaries, Travellers, Colonists, Planters and others

BURROUGHS WELLCOME & CO.

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HINTS FOR THE PRESERVATION OF HEALTH IN WARM CLIMATES.

Alcohol.

Stimulants, in the form of spirits, wine or beer, are no more necessary in tropical climates than they are in temperate; when indulged in, they should never be taken until towards or after sundown. The 11 o'clock "peg," and stimulants with the mid-day meal, although often taken, are both detrimental to health. After a long day's walking, or a shooting excursion, a glass of champagne on reaching home or camp is calculated to relieve fatigue, to allow of the taking of a bath without undue exhaustion, and to promote the digestion of a late dinner. When champagne cannot be had, a cup of tea containing one teaspoonful of whisky will be found efficacious in overcoming fatigue at the end of a journey. Whisky and soda, wine, and such refreshments are to be avoided when the stomach is empty, and the system fatigued. Beer, except of the mildest quality, is not a suitable beverage in very hot weather. Clarets, except of the lightest kinds, tend to cause biliousness. Burgundy, port and sherry are inadmissible during hot weather, and therefore within the tropical zone should be avoided altogether. For persons who cannot forego stimulants with meals, the safest beverage is a tablespoonful of whisky in a wineglassful of water (cooled, but not iced), sipped slowly, towards the end of the meal. Coffee and tea are, when wisely used, useful beverages, possessing stimulating properties; cold, weak tea, sipped on the march, has long been regarded as a commendable means of quenching thirst.

Baths.

In warm countries a cold bath should never be indulged in. The bath water should be about, or just below, the body temperature, from 85° F. to 98° F. The most suitable time to take a bath is after either the morning or evening exercise; not after both. The best plan to adopt is not to immerse the body, but, standing erect, to pour the water over it; this is the mode usually practised by natives.

Camp.

In selecting a site for a camp, the first essential is a supply of fresh and unpolluted water. When this can be obtained, tents ought to be pitched at as high a situation above the plain as practicable. During rainy weather, a gutter to allow the water to run away must be made around the tent. When camp beds are not available, a piece of mackintosh sheeting should be

placed on the ground to lie on, or failing this, a bed may be made of dried grass, heather, leaves, etc. Except upon very dry sand, as in the desert, it is highly injudicious to lie down to sleep without something between the body and the earth.

Clothing.

Be they ever so light and open, the garments next the skin during both night and day should be of pure wool. From this rule there is no departure except at great risk of chill. Many (women especially) wear silk, cotton or linen, and declare that it is impossible for them to wear flannel owing to the tickling sensation it produces, and moreover they affirm that they have never suffered in consequence of not adopting flannel. This may be, but for men, who lead more active lives than women, and for children, who are ever on the move, to wear anything but woollen clothing next the skin is to court illness. Cotton clothing, wet with perspiration, causes excessive loss of body-heat and brings about chill. Natives of the tropics, who wear cotton, lay aside their body clothing when working hard, so that it does not become soaked with perspiration.

Coats, trousers and frocks should be light in colour—white is best; and may be of cotton material provided flannel is worn underneath. The abdomen ought to be protected from chill, day and night, by a broad (flannel) belt. Women's corsets serve the purpose during the day, but men, women and children ought to wear abdominal flannel belts at night. Socks and stockings should be of merino, never of cotton. In the heat of the day, the head and neck should be protected by a pith helmet, or by a broad-brimmed thick felt hat; if a cap is worn, a pugaree should be wound round the brim and the ends be allowed to hang down behind the neck. Putties or leggings are useful both for men and women when long expeditions are undertaken on foot. Coloured glasses should be worn to protect the eyes.

Diet.

The British, as a rule, take meals at the same hours in the tropics as when at home. In the early morning, fruit should be taken, or, when it cannot be obtained, tea or coffee with bread and butter. Never go out of doors for early exercise without partaking of food. It is the mid-day meal that is generally at fault. Instead of taking a light luncheon, "tiffin" is generally made a mid-day dinner of several courses accompanied by stimulants and followed by coffee. During the heat of the day, this is a great mistake, and is the most frequent cause of "liver." One course is all that should be taken: either fish or meat but not both, and stimulants are not necessary. The evening meal should be the principal meal of the day; it should be eaten very slowly.

The diseases of the tropics centre very largely in the digestive organs. In all stages of malarial fever, gastritis, dysentery, diarrhœa, typhoid fever, etc., diet is a matter of the highest consequence. Starchy foods are rarely properly cooked for use, even in health, except by those familiar with the requirements of tropical life. In sickness and convalescence these foods, and especially rice, must be very thoroughly cooked until all the starch granules are broken, and the mass is practically transparent.

Drink.

Owing to the loss of moisture by perspiration, it is necessary to imbibe fluids plentifully. It is a good rule to drink freely before the sun is high and after it has gone down at night; avoid "long" drinks during the heat of the day ('Tabloid' Thirst Quencher, allowed to dissolve in the mouth from time to time, provides an excellent means of allaying thirst). Fresh water, not too cold, is the best drink; but failing that, any of the "prepared" waters may be taken. Aerated water, especially soda water, when used too freely or for too long a time, is apt to cause a "soda-water dyspepsia" due to catarrh of the stomach.

Exercise.

The great tendency in hot climates is towards leading a languid and sedentary life; this should be persistently avoided. Early morning and again an hour before sunset are the best times of the day to take exercise. Riding, rowing, polo, cycling, tennis, fives, racquets, cricket or football are available in the larger centres, and should be engaged in systematically. Where none of these can be had, it is necessary to walk for a few miles—say 3 or 4—every day of the year. Indifference to exercise is most often shown by those who persist in eating too heavy a mid-day meal and more especially when stimulants are taken with the meal.

Mosquito-nets.

Without a mosquito net, no one is safe from insect bites and the diseases they may convey. Mosquito bites may carry malaria, filaria, yellow fever and possibly other diseases; fleas, etc., may inoculate the system with plague; and sand-flies may inflict torment or render sleep impossible. Whether at home, on board ship, or during a journey on land, it is unwise to be without a mosquito net around one's bed. Every other form of protection against "fever" is secondary to that afforded by a net. Camps formed near bushes or clumps of trees are most liable to be troubled with mosquitoes and sand-flies.

Punkahs.

The gentle wave of a punkah serves not only to cool and circulate the air, but also helps to keep away mosquitoes. When violently pulled, the excessive action of the punkah may induce chill, and many persons ascribe an attack of "fever" to this cause. A punkah swung over the bed at night is a necessity for some people to obtain sleep; but its use in other cases may be followed by "fever" or abdominal ailments.

Sleep.

Early to bed is the rule in tropical countries, but one should not retire until at least two hours after late dinner. Avoid an after-dinner nap. A siesta is not necessary for adults, except in the very hottest climates.

Travelling.

In hot climates the early morning and occasionally the early evening are the appropriate times for travel. A start should be made immediately before, or just at, day-break, and a halt for the day should be called, when possible, at ten or eleven o'clock or certainly by noon. When passing through malarial districts it is advisable to take 'Tabloid' Quinine Bisulphate, gr. 5, before starting and again at sundown. The rule to eat little and drink sparingly on the march is absolute.

Water.

When travelling, all water should be boiled and allowed to cool before being drunk or put in the water bottle. When river water has to be relied upon, it should be drawn from up stream and from the centre of the stream. The water may also be filtered by the Pasteur or Berkefeld filter, but this does not do away with the necessity for boiling. If no filter is at hand, its action may be imperfectly imitated by passing the water through flannel or finely woven cloth. 'Tabloid' Potassium Permanganate, gr. 1, added to every pint of water will help to purify it. Allow the water to stand for a few minutes after the salt has dissolved, and if the water becomes clouded, filter again before use.

THE MORE COMMON AILMENTS AND THEIR TREATMENT.

Abscess.

An abscess is a collection of purulent matter, or pus, beneath the skin or in some of the deeper tissues or organs of the body. When near the surface, the part becomes red, swollen and painful. The abscess may burst spontaneously, but when the matter appears to be confined, it may be necessary to cut down upon the abscess.

TREATMENT—

Pain will be relieved and the abscess will sooner reach maturity if the part is poulticed or is fomented by cotton wool wrung out of hot water. In obstinate cases the skin may be incised to allow the pus to escape. The abscess knife should be sterilised by being held in boiling water before use. When pus flows, the part should be fomented with 'Soloid' Boric Acid dissolved in hot water. Each fomentation should be covered with oiled silk, and should be repeated every 4 or 6 hours for 24 or 48 hours. Subsequently the cavity should be washed out by an antiseptic lotion—readily made by dissolving one 'Soloid' *Corrosive Sublimate gr. 1.75 in half a pint of water. When the part has been dried, it may be dusted over with iodoform, or boric acid. The general health must be attended to. 'Tabloid' Laxative Vegetable will serve to keep the bowels regular. After the abscess has burst or been opened, 'Tabloid' Iron and Quinine Citrate should be given thrice daily.

Abscess of Liver.

This disease, which frequently follows dysentery, is particularly insidious, since pus may be present in the liver for many months without the symptoms being sufficiently pronounced to arouse suspicion of the malady. When the abscess first forms, there is usually pain in the liver, fever, and shivering. When this condition is suspected, surgical aid must be obtained speedily.

Acidity of the Stomach (Heartburn).

This is a frequent symptom of indigestion, and usually arises from food-substances—especially those containing sugar—being

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* Corrosive Sublimate is extremely poisonous, and great caution should be exercised to avoid accidents. Should it be swallowed by mistake, the most effective antidote is the white of eggs mixed with milk or water. If these are not available, flour and water may be given. This treatment should be followed by an emetic.

converted, through imperfect digestion, into acids of various kinds. When the derangement is only slight, the symptoms may be limited to slight heartburn or flatulence. It is sometimes accompanied by a feeling of fulness, oppression, uneasiness, or even aching pain felt either in the stomach or at the lower part of the chest.

TREATMENT—

Attention should be paid to diet; avoid anything that is likely to produce acidity, such as unripe fruit, sugar, potatoes or foods containing much starch. 'Tabloid' 'Coffee-Mint,' 'Tabloid' Soda-Mint, or 'Tabloid' Potassium Bicarbonate, one to two, or more, shortly after food, will be found to be useful. When acidity occurs without disordered bowels, 'Tabloid' Nux Vomica Tincture, min. 5, three times a day, before food, often gives relief. In the great majority of cases, acidity of the stomach is but a symptom of dyspepsia, and should be treated accordingly.

Anæmia.

When, either owing to the direct effects of long residence in a hot climate or to chronic disease, an anæmic or so-called bloodless condition is induced, the person so affected becomes pale, listless, and low-spirited. There is general languor, disinclination to take exercise, impaired digestion, capricious appetite, breathlessness, palpitation, tendency to faint, headache, puffiness of the face and swelling of the feet. When malaria is the cause, the spleen, lying to the left of the stomach, can generally be felt to be enlarged.

TREATMENT—

The cause of the condition must be carefully enquired into, and steps taken to improve the general health and to give blood-enriching remedies. It is well to commence with a mild aperient, and 'Tabloid' Aloin Compound, one to two after each meal for at least two or three days, will answer well. Food should be given in small quantities, but at frequent intervals, for a week or two, when the quantity may be increased and the intervals extended. The diet scale should be liberal and varied, but substances such as pork, veal, smoked fish, pickles, highly spiced foods, salads and all re-cooked foods must be excluded. The general health is to be improved by encouraging moderate and gradually increased exercise, tepid sponging of the body daily, with subsequent smart rubbing down with a rough towel; attention to the teeth, to the digestion, and to the prevention of constipation, will also assist in bringing about a healthier tone. If the patient does not improve, medical treatment and a change to a more bracing climate become absolutely necessary. As blood tonics, some one of the following 'Tabloid' Products should

be given, 'Tabloid' Blaud Pill—'Tabloid' Blaud Pill with Aloin, or 'Tabloid' Blaud Pill with Cascara, when constipation is marked—'Tabloid' Blaud Pill with Arsenic (especially when chronic malaria is the cause of the anæmia); 'Tabloid' Arsenious Acid (in chronic malaria more especially when quinine cannot be tolerated). When dyspepsia is a prominent symptom, 'Tabloid' Pepsin and Strychnine is efficacious.

Anæsthetics.

Except when a doctor is present, an anæsthetic must never be administered. It frequently happens, however, that in remote and isolated places, the doctor may require the assistance of some non-professional friend. In such circumstances the layman must obey exactly the directions given by the doctor.

Aneurism.

When, in the neighbourhood of a large artery, a tumour is felt to pulsate in harmony with the pulse or beat of the heart, the patient should be at once sent to a doctor, care being taken that all efforts at strain and exertion are prevented during the journey.

Angina Pectoris (Heart or Breast Pang).

Spasm of the heart occurs mostly in persons after middle age. The attack comes on suddenly, with breathlessness, agonising pain referred to the left side of the chest, left shoulder and left arm, and a fear of impending death.

TREATMENT—

Remove the clothing so as to bare the chest and neck; apply hot fomentations or a mustard leaf or plaster over the region of the heart; give a glass of hot spirits and water, and place the feet in hot water. If sal volatile is at hand, give half a teaspoonful in hot water at once, repeating in five minutes if no relief is obtained. Many advise that Laudanum in 40 drop doses be given with a stimulant. 'Vaporole' Amyl Nitrite, crushed, and the vapour inhaled, often gives immediate relief. 'Tabloid' Trinitrin (Nitroglycerin), gr. $\frac{1}{100}$, or one to two 'Tabloid' Trinitrin Compound, chewed and quickly swallowed, often avert the threatened spasm, or relieve the pain during an attack.

Aphthæ (Thrush).

As the result of improper feeding of infants, and also in the last stages of several illnesses in adults, the mouth and tongue become coated with a thick whitish membrane resembling milk curd. The disease is known as thrush. It usually runs a mild course. In neglected cases, however, the disease may become malignant, when the white coating assumes a black colour,

ulcers develop in the mouth, the abdomen becomes distended, diarrhœa sets in, and, if a child, the patient may die of exhaustion or in convulsions.

TREATMENT—

Thrush being caused by a fungus, it is necessary to destroy the parasite by mild germicides such as borax or boric acid. 'Tabloid' Borax, gr. 5, or 'Tabloid' Chlorate of Potash and Borax dissolved in a couple of tablespoonfuls of water, or 'Tabloid' or 'Soloid' Boric (boracic) Acid dissolved in the same quantity of water serve as a lotion for the purpose. A soft piece of rag is to be wetted by the lotion, and freely rubbed over the whole of the mouth cavity once, twice or thrice daily for a day or two, and afterwards less frequently. Use a fresh rag each time. The mother's nipple, if the child is at the breast, must be thoroughly cleansed with the boric lotion before and after the child is fed. If the child is bottle-fed, it is wise to obtain new bottles altogether, or to see that the bottle with the india rubber tubing and teat are thoroughly cleansed by rinsing in water to which a 'Tabloid' product of Potassium Permanganate has been added. When not in use they should be kept immersed in a similar solution.

Apoplexy.

When a blood vessel in the brain bursts, or is plugged by a clot, the person affected is said to have an apoplectic fit, or seizure. It usually occurs in persons past middle age. Sometimes there are impending symptoms such as giddiness, intense desire to sleep, or mental dulness; in other instances the onset is rapid, and the patient is suddenly struck down. The signs and symptoms are:—Unconsciousness more or less complete; purplish discoloration of face and features; deep, laboured (stertorous) breathing; one pupil of the eye contracted more than the other; there is limpness on one side of the body; the pulse is full and bounding; and the skin feels hot to the hand.

TREATMENT—

Undo all tight clothing at and above the waist; raise the head and shoulders, and provide for a sufficiency of fresh air. Apply ice or cold water cloths to the head, mustard leaves or poultices or hot water bags to the soles of the feet or calves of the legs, and, if the patient is unconscious, prevent anything being given by the mouth, whether medicine, water or stimulants. Should the patient remain long unconscious, a drop of croton oil may be dropped on a little sugar and placed on the tongue. When consciousness returns, it will usually be found that some degree of paralysis of the upper or lower or both limbs of one side remains. Apoplexy may be mistaken for other diseases. *(See Epilepsy, Collapse from Drink, Fainting.)*

Appendicitis.

In the lower part of the abdomen, just above the right groin, a fulness may arise, accompanied by pain (especially on pressure), by feverishness, by constipation, by a feeling of sickness and by loss of appetite. These conditions indicate deep seated trouble in the region. Here lies the head or commencement of the colon, and to its inner and back part is attached a small tube about four inches long and the thickness of a goose quill, termed the *Appendix Vermiformis*. From various causes this tube may become inflamed and occasion serious trouble. The inflammatory state increases, the whole abdomen becomes blown out, and a hard mass from the size of a fist to that of a child's head may develop there. The temperature may reach 103° to 105° F., and the constipation may persist for many days. The disease may end in resolution after three or four weeks, or pus may develop quite early, and cause death by peritonitis unless an operation is promptly performed. The majority of cases of appendicitis recover without the formation of pus and without operation.

TREATMENT—

The patient must be at once put to bed, pain relieved by fomentations applied to the abdomen, and by giving 'Tabloid' Opium, gr. 1, at stated intervals, according to the amount of pain. Should vomiting prevent medicines being given by the mouth, it is necessary to administer morphine hypodermically or opium by the rectum; this and further treatment must be left to the judgment of a doctor.

Asthma.

Spasmodic attacks of difficulty in breathing may be due to affections of the heart or of the lungs, or they may arise from stomachic or intestinal derangements. All such attacks of shortness of breath are popularly termed asthma. The majority of asthmatic attacks come on during the night, when the patient is roused from sleep by a sense of suffocation, causing him to sit up in bed, to walk about the room, or even to seek an open window. The breathing is loud and wheezy, the face may be covered with perspiration, and the patient is in great mental and bodily distress. Paroxysms of asthma may last for a few minutes or even a few hours, when the patient usually coughs up a quantity of mucus with considerable difficulty. Attacks may come on nightly for weeks or months; they may disappear for many months, only to recur with persistent regularity.

TREATMENT—.

Undo all tight clothing; provide for a sufficiency of fresh air and let the patient sit up or walk about. When the attack can

be ascribed to an injudicious late meal, give as an emetic from three to six 'Tabloid' Ipecacuanha, gr. 5, powdered and mixed with warm water. One 'Tabloid' Trinitrin Compound may be chewed and swallowed to relieve spasm. Most asthmatic persons have usually some remedy or remedies which they rely on to afford relief. Smoking tobacco or stramonium cigarettes relieves some; brandy or whisky may relieve others; coffee, tea, sal volatile, inhalations of steam with or without a few drops of sulphuric ether added to the water, are worthy of a trial. A piece of blotting paper which has been dipped in a saturated solution of nitre, and dried, may be set alight and allowed to burn on a plate. The diffused fumes, when inhaled, constitute a favourite remedy. 'Tabloid' Chloral Hydrate, and 'Tabloid' Asafetida and Opium Compound are both useful in asthma; or 'Vaporole' Amyl Nitrite may be crushed and the vapour inhaled.

Between attacks, asthmatic persons ought to be placed on simple diet, with special attention to digestion and to the prevention of constipation.

Persons subject to asthma should avoid all exciting causes of the attacks, and it may be necessary to change occupation and place of abode if the disease becomes chronic.

Bed-Sore.

Bed-ridden persons and those suffering from continued fevers, fractured lower limb, paralysis, &c., are liable to get sores on the buttocks, over the rump bone, and even between the shoulders. The bed-sore is more apt to form when the parts are allowed to be constantly moist.

TREATMENT—

To prevent bed-sores, keep the patient dry, wash the back once or twice a day, and subsequently rub in spirits of wine until the skin is quite dry. Dust the back, and the inside of the night-dress, with fuller's earth, boracic powder or other dusting powder. Should a sore threaten, the pressure must be taken off the part by air cushions or other contrivances. When the sore has formed, it must be cleansed with a weak Corrosive Sublimate lotion ('Soloid' Corrosive Sublimate, gr. 1.75, in half-a-pint of water), then dried, and dusted with iodoform or dressed with Friar's Balsam or Balsam of Peru.

Beri-beri.

In many tropical and sub-tropical countries beri-beri occurs, sometimes as a local disease, but most frequently in epidemics. The Malay Peninsula and the islands of Java and Sumatra are the chief centres of the disease, but it is well-known in Ceylon, in many of the southern ports of China, in Borneo, and in Japan. Beri-beri also has been met with in India, Australia,

Fiji, the Upper Congo districts of Africa, and in Brazil, Havana and Panama in America. In the Richmond Asylum, Dublin, an outbreak of the disease occurred in 1896-97. In many other parts of the world also a disease resembling Beri-beri has been described, and it is probable that no part of the tropics or sub-tropics is entirely free from it.

CAUSES—

Owing to the fact that changed and improved diet is almost invariably attended by more or less marked alleviation of the disease, the origin of Beri-beri has been ascribed to some article of food. Inferior quality of rice has been long considered an important factor in producing the disease, but the actual cause is at present unknown.

SIGNS AND SYMPTOMS—

According to the presence or absence of dropsy, two forms of Beri-beri known as the "wet" and "dry" are distinguished. The "dry" variety is also styled the paralytic Beri-beri. Mixed cases of the wet (dropsical) and dry (paralytic) forms occur.

(*a*) In "dry" Beri-beri, paralysis of sensation and of motion early develops in the legs and feet, and extends to the fingers and hands. The calves of the legs and the muscles of the thighs become flabby and painful when compressed. When the patient attempts to walk, the fact that the muscles are weak and more or less paralysed is very evident. He suffers from ankle drop, raises his foot very high so as to avoid the ground, and the boot comes down with a flop on the floor. The general health may, however, remain good, in spite of the fact that the patient looks thin and wasted, but the heart will be found throbbing violently, and the least exertion causes it to beat at a markedly increased rate.

(*b*) Dropsical Beri-beri is characterised by swelling of the body, the limbs, and the face. When the finger is pressed firmly on any part of the skin, it leaves an impression which slowly disappears; this is due to the fact that serum (dropsical fluid) from the blood has infiltrated the parts. The heart is disturbed in its action, and the pleural cavities may be also occupied by dropsical fluid, causing breathlessness and distress. The general health of the patient may be good so far as the condition of the tongue, the bowels, and the urine are concerned. Some paralysis is always present, but it is much less than in the dry variety, or, as in the mixed variety, the dropsy obscures to some extent the muscular weakness and paralysis.

DIAGNOSIS—

By inexperienced persons, the disease may be mistaken for paralysis (locomotor ataxy), for Bright's disease, or the symptoms may be ascribed to malaria, filarial infection, or to a condition arising from intestinal worms, etc.

PROGNOSIS—

The dropsy may entirely disappear and the patient may recover, or the dropsy may persist and increase, and the patient be, as it were, drowned by the interference of the fluid with the action of the heart and lungs.

In the dry variety, the paralysis may disappear and the patient completely recover, but the patient may suddenly die of heart failure, or the disease may run a chronic course. The mortality in some outbreaks is as high as 30 per cent. of those attacked. Vomiting, when persistent, is the most alarming of all symptoms.

TREATMENT—

The patient should, if possible, at once be removed from the house, ship or district in which the disease was acquired, preferably to a mountainous region, or sent to sea. A complete change of diet is also indicated, and a meat diet is well-nigh essential to recovery. The heart symptoms are to be relieved by 'Tabloid' Digitalis Tincture, min. 5, administered every four hours whilst the heart shows signs of failure, or in its stead 'Tabloid' Strophanthus Tincture, min. 5. Should the symptoms become alarming, 'Vaporole' Amyl Nitrite crushed and inhaled may serve to tide over the danger, or 'Tabloid' Trinitrin, gr. 1/100 may be chewed and swallowed. 'Tabloid' Thyroid Gland, gr. 5, has been recommended; the first dose should consist of four, powdered and taken in water, a second dose of six should be given four hours afterwards, and after a little interval a third dose of eight. When aperients are required, the best form is 'Tabloid' Sodium Sulphate Effervescent. When the pain in the limbs is great, application of hot bottles to the calves of the legs, and rubbing with opium liniment may relieve it. When the acute symptoms have abated, the following will be found to be reliable remedies:—'Tabloid' Iron and Quinine Citrate, thrice daily after food; 'Tabloid' Arsenious Acid, gr. 1/100; 'Tabloid' Blaud Pill with Arsenic and Strychnine. During convalescence, massage to the limbs is of great value.

Biliousness.

This is a common form of indigestion, indicated by furred tongue, headache and giddiness. The liver may be enlarged and congested.

TREATMENT—

Alcoholic stimulants and foods containing much fat, starch or sugar should be avoided. In mild cases the following will be found to have an excellent effect:—'Tabloid' Calomel and Jalap, two to be given at bed-time, or 'Tabloid' Blue Pill and Rhubarb Compound, one to two at bed-time, to be followed in the morning by a saline aperient, such as 'Tabloid' Sodium Sulphate Effer-

vescent, three or four in a full draught of water. 'Tabloid' 'Coffee-Mint,' one to four, swallowed with a little water, will be beneficial for relieving flatulence and nausea.

Bladder, Irritability of the

This ailment is characterised by frequent desire to pass water without evident cause, and a feeling of soreness.

TREATMENT—

If it arises from constipation, two 'Tabloid' Laxative Vegetable or one 'Tabloid' Cathartic Compound, given at bed-time to clear the bowels, will relieve the trouble. If there is pain and irritation along the urinary passage, one 'Tabloid' Hyoscyamus Tincture given every three hours with one 'Tabloid' Potassium Bicarbonate, or 'Tabloid' Potassium Nitrate, will be found to alleviate these symptoms. The doses may be carefully increased if desirable.

Blackwater Fever (African Hæmoglobinuric Fever).

This disease is found among European residents in Western Equatorial Africa, from the Senegal to Loanda, also in Madagascar. It is only met with in malarious countries, and is constantly associated with the occurrence of malaria. Strangers are more liable to the disease than are natives, though they rarely contract it until after the first year of residence.

SYMPTOMS—

A violent rigor invariably ushers in the attack, while the temperature rapidly rises to 103° F. or 104° F., then, with profuse sweating, falls to normal. This is followed by pains in the head, back, and loins, with excessive thirst. From the first there is profuse bilious vomiting, sometimes diarrhœa, and the skin becomes deep yellow in colour. But the most striking symptom is exhibited in the urine, which becomes of a dark red colour, sometimes almost black, like porter, or it may become so thick that a few drops only can be passed at a time, and finally becomes altogether suppressed. There is great prostration, often followed by collapse and death. The attack may last from four to six days. If the patient recovers he is liable to relapse, even after a considerable period has gone by, and although he may have returned to a temperate climate.

TREATMENT—

In our present state of knowledge, the treatment must entirely be directed to combating symptoms. Rest, warmth and a very light diet, are the first considerations. To ensure the bowels being freely opened, give 'Tabloid' Calomel, gr. 5, following in

five or six hours with a saline purge such as 'Tabloid' Sodium Sulphate Effervescent, three or four in a draught of water; then give six or eight 'Tabloid' Warburg Tincture. Some authorities are adverse to the administration of quinine, others state they have given from two to six 'Tabloid' Quinine Hydrochloride, gr. 5, with excellent results, when the fever has remitted. To allay the restlessness and insomnia, two 'Tabloid' Dover Powder, gr. 5, will be found useful. Cases have been successfully treated with 'Tabloid' Phenacetin and 'Tabloid' Digitalis Tincture given every three hours. 'Tabloid' Benzoic Acid may be useful in the early stages. During the dangerous period it is absolutely necessary to give stimulants, and a little champagne, hock, or brandy well diluted, may be administered in teaspoonful doses every quarter of an hour. Convalescence is very slow, and the resulting anæmia is best treated with 'Tabloid' Iron and Arsenic Compound, one to be given thrice daily. The diet should be light and nourishing. All food should be well and thoroughly cooked.

Bleeding. *(See Wounds.)*

Blisters on the Feet.

Blisters on the feet are often formed by a wrinkled sock or stocking, or by an ill-fitting boot. Care should be taken that both boots and socks fit properly to begin with. If the feet are tender, soaking them at night in warm water in which a little salt and alum have been dissolved will be found helpful, and before starting to walk, the inside of the socks or stockings should be well dusted with 'Soloid' Boric Acid, gr. 15, finely powdered; or the soles of the feet and the inside and outside of the socks may be rubbed freely with yellow soap.

TREATMENT—

When a blister is once formed, if a very large one, it may be pricked at the lower edge with a clean needle, and dressed with 'Hazeline' Cream until healed. A small blister may often be prevented from breaking or becoming irritated, by placing a circular piece of adhesive plaster over it.

Boils.

In many tropical countries, in addition to ordinary boils, some severe and special varieties are met with. Thus we hear of Nile boils and Delhi boils, indeed it is seldom that a European during residence in the tropics escapes an attack of one sort or another. Crop after crop may occur and the patient's strength may become so reduced by their continuance that change of air or a sea trip may be necessary. The appearance of a boil is so familiar that it does not require description. Suffice it to say that every boil has a core which consists of a piece of dead tissue, and until it escapes, no healing can take place.

TREATMENT—

One 'Tabloid' Calcium Sulphide, gr. ½, taken three times a day is frequently beneficial. If the boil is very painful and there is widespread inflammation, boric lint wrung out of hot water should be laid over the part, and covered by gutta percha tissue. The fomentations may be continued until the boil has discharged, and the core come away. Afterwards, the part may be dressed with simple water dressings, with 'Hazeline' Cream, or it may be dusted with iodoform. When first a boil forms, a piece of plaster the size of a florin, with a hole cut in the centre, should be applied over the swelling, so that the hole receives the top of the boil, which should be overlaid with a piece of blue (sal-alembroth) wool, and, finally, this should be held in position by a piece of plaster rather larger than the first. This procedure may abort the boil or cause it to come quickly to a head. The general health must be attended to, otherwise the disease may continue indefinitely.

Break-bone Fever. *(See Dengue Fever.)*

Bronchitis.

This is a catarrhal inflammation of the lining membrane of the air passages or tubes leading to the lungs. It generally commences with the symptoms of an ordinary cold. There may be sore throat, nasal discharge and a cough. There may be also a feeling of soreness behind the breast-bone, and of constriction or tightness of the chest. The fever is often considerable. The cough which is at first dry and hacking, soon becomes looser, with profuse expectoration of mucus, resembling white of egg to begin with, but afterwards thicker, and of a greenish yellow colour. Throughout the attack, wheezing sounds accompany the breathing. In favourable cases the disease abates about the eighth day, the difficulty of breathing subsides, and expectoration is easier.

TREATMENT—

When taken in time, a bronchial attack may often be cut short by giving two 'Tabloid' Dover Powder, gr. 5, at bed-time, followed by some cocoa, hot milk or gruel, with or without whisky, to induce perspiration. The patient should be kept in bed, and poultices or mustard plasters may be applied to the chest. At the beginning of the attack, it is well to clear the bowels by giving one or two 'Tabloid' Cathartic Compound. To promote easy expectoration, one 'Tabloid' Ipecacuanha Wine, min. 5, should be given every hour unless nausea arises, and then every two hours. 'Tabloid' Ammonium Chloride allowed to dissolve in the mouth from time to time, will be found of the greatest service for loosening hard phlegm. 'Tabloid' Antipyrine,

gr. 5, or 'Tabloid' Aconite Tincture, min. 1, will be found to relieve the feverish symptoms. During convalescence, 'Kepler' Solution, given thrice daily, acts as an excellent nutritive tonic.

Carbuncle.

Carbuncles generally make their appearance where the tissues underlying the skin are of a dense fibrous character, as in the nape of the neck, or in the back. They commence with a small, reddish and painful elevation of the skin, which often develops to a considerable size. The top of a carbuncle is flat, and eventually the dark skin over the inflamed area is pierced by several small holes through which thin pus escapes. It is only when the skin gives way, or is cut, that the core or slough can escape.

TREATMENT—

Internally, one 'Tabloid' Calcium Sulphide, gr. ½, three times a day, may be of service. Boric lint wrung out of hot water should be laid over the carbuncle, and covered by gutta percha tissue. This fomentation should be repeated at frequent intervals until the pus is discharged. When the discharge ceases, the part may be dressed with 'Dartring' 'Lanoline' in the same way as an ordinary sore. At the same time attention should be given to the digestive organs, and the diet should be light and nourishing. A teaspoonful of the Perfected Wyeth Beef Juice or a tablespoonful of Beef and Iron Wine (B. W. & Co.) given twice or thrice daily will be found of great value. After the carbuncle has disappeared, one to two 'Tabloid' Iron and Quinine Citrate should be given thrice daily for a week or more, until the general health is well established.

Chancres.

Ulcers due to venereal contagion may occur in the genital organs, or may appear on the hands or lips from contact with venereal sores. The chancres may be soft and multiple, or hard and single. The latter indicate syphilitic infection. The glands in the groin on one or both sides may enlarge and may suppurate.

TREATMENT—

When soft, dressing with black wash or with iodoform may suffice to get rid of the sore; when it is but a preliminary to syphilis, mercurial treatment must be followed. (*See Syphilis.*)

Chapped Hands.

In the sub-tropics during the winter months, when the north-east monsoon prevails, the hands and face and even the skin of the shins may become troublesome owing to chaps.

TREATMENT—

Keep the hands covered with loose gloves, when out of doors; wash the hands as seldom as possible, and anoint them with 'Hazeline' Cream morning and evening.

Chicken-Pox.

This is a rare disease in the tropics, but in the sub-tropics children are attacked by it almost as frequently as in Europe. After a day or two of slight feverishness, conical pimples with a white head appear on the breast and shoulders, and, more sparingly, elsewhere on the body. Tiny vesicles form on the pimples, and the whey-like fluid within them escapes and forms a thin crust or scab which falls off after about a week.

TREATMENT—

Keep the child warm and away from other children to avoid infection. The disease may be known from small-pox by the absence, or the extreme mildness, of the initial fever, and by the appearance of the pock.

Chigre (Jigger).

The Chigre or Sand-flea, at one time peculiar to Central and South America, but now found in North and South Africa, is somewhat like the common flea, but smaller in size. The female buries herself under the skin of man or animals, and gives rise to a small tumour about the size of a pea. The part becomes extremely irritable, the surrounding tissues become inflamed; suppuration, troublesome ulceration and even necrosis of bone may follow.

TREATMENT—

Extract the insect from the skin as soon as possible, and burn it. Bathe the part with 'Hazeline,' or Carbolic Acid, min. 5, dissolved in a tablespoonful of glycerin, to allay the irritation. Avoid walking bare-foot. See to the cleansing and sweeping of house floors, and disinfect with Jeyes', Sanitas or Calvert's Powder.

Chilblains.

During the north-east monsoon in India and China, chilblains may develop on the feet and even on the hands and ears. The local swelling, redness and itching which occur especially towards evening or when coming into a warm room, characterise the ailment, which in sub-tropical countries is liable to be overlooked.

TREATMENT—

When chilblains are unbroken, the skin of the part must be gently rubbed with spirits of wine, or with brandy, whisky,

camphorated spirit, or Elliman's embrocation. The skin of the feet should be strengthened by daily washing with brine, and by vigorous rubbing. If the skin has broken, the inflammation must be subdued by boric lint fomentations, and the part subsequently dressed with 'Hazeline' Cream or with zinc ointment. The general health should be attended to, and exercise freely taken. As a tonic, 'Tabloid' Easton Syrup, thrice daily after meals, is efficacious.

Chlorosis (Green Sickness).

Young women between fifteen and twenty-five years of age are liable to a form of anæmia which is associated with arrest of natural function. The skin assumes a peculiar greenish hue, there may be breathlessness after slight exertion, headaches, mental depression and, in prolonged cases, swelling of the feet and ankles. Constipation and dyspepsia are always present, and by some are considered to be the cause of the ailment.

TREATMENT—

Attend to the general health, relieving constipation, insisting upon exercise in the open air, and giving medicine to counteract anæmia, (*which see*).

Cholera (Asiatic).

This terrible disease is generally of an epidemic character, but in certain districts, especially in India, sporadic cases frequently occur. The great source of infection would appear to be the contamination of the drinking water by the excreta of cholera patients; the cause of the disease is said to be the micro-organism called the "comma bacillus" which multiplies with exceeding rapidity. An attack of cholera generally begins with vomiting and purging, and severe pains, not only in the abdomen, but in the legs, thighs and muscles. The evacuations which are at first coloured, quickly change to an almost odourless *white* fluid, resembling water in which rice has been boiled. Vomiting of similar matter may also be frequent. At the same time, severe cramp occurs in the extremities, whence it rapidly extends, the whole body shrivels, the eyes look sunken and the voice becomes a mere whisper. The secretion of urine is suppressed, and evacuation takes place involuntarily. The flow of saliva almost, or even entirely, ceases, and there is great thirst. Lastly, a rapidly increasing exhaustion is evident, and the patient is on the verge of *collapse*. The skin is covered with a cold perspiration, and, with the nails and lips, assumes a bluish tinge. If no reaction sets in, death generally takes place, when this stage is reached, in a few hours. Favourable symptoms are, the gradual cessation of vomiting and purging, the skin becoming warmer,

the pain ceasing and sleep supervening. But immediate danger is not over till urine is passed. The average time of passing urine in favourable cases is 72 hours after seizure.

TREATMENT—

First as to Preventive Methods.—Good food, pure water and healthy hygienic surroundings, with careful attention to the quality and cooking of food, the water being boiled and filtered; cleanliness and free ventilation of apartments are among the chief preventive measures. When, during a cholera epidemic, a person is attacked by diarrhœa, he should be put to bed at once, and be given a dessertspoonful of castor oil with 20 drops of laudanum, followed by 'Tabloid' Lead with Opium, one powdered and swallowed with water, every two or three hours. When the typical symptoms develop, keep the patient in bed, apply to the abdomen large hot fomentations (flannels wrung out of hot water, with or without a teaspoonful of turpentine sprinkled over each). Place hot bottles to the feet, against the thighs, and on either side of the body. When cramp comes on, rub the limbs upwards towards the trunk. The first aim in treatment is to allay the vomiting and control the diarrhœa. To check vomiting, a mustard plaster over the stomach, kept on for at least 15 minutes, is of service. In regard to the intestinal flux, some attempt to arrest it at once, others advocate the administration of a purgative; for this purpose three or four 'Tabloid' Calomel, gr. 5, may be powdered and given in water. The calomel is recommended to be repeated, two five grain 'Tabloid' Products being given at intervals of an hour until bile appears in the stools. Until the purging has stopped, the diet should consist of strong tea or coffee, mutton or chicken broth, or the Perfected Wyeth Beef Juice, diluted with water, or soda water.

The thirst may be relieved with iced water or with a drink made by dissolving four 'Tabloid' Potassium Bicarbonate in a quart of water, which may be taken freely. To encourage the secretion of urine, large poultices may be applied round the loins. Alcohol internally should be carefully avoided. When collapse threatens or has set in, it is useless to give drugs by the mouth; hypodermic injections of brandy, of ether, or of 'Tabloid' Hypodermic Strychnine Nitrate, or 'Tabloid' Hypodermic Strychnine Sulphate will prove of service in stimulating the heart and circulation. As a rule these injections should be made over the region of the heart. When collapse occurs, the period for giving medicine has passed. The only thing that can now be done is to keep up animal heat in every way which will not fatigue the patient. Should improvement take place, great care must be exercised with regard to diet, Perfected Wyeth Beef Juice, soups, jellies, farinaceous foods and arrowroot may be given, but *no solids* must be taken until the stools become natural,

and there is free secretion of urine. The farinaceous foods should be very thoroughly cooked until practically transparent. Any tendency to diarrhœa must be checked with 'Tabloid' Lead with Opium, or feverish symptoms with 'Tabloid' Quinine Bisulphate.

The strictest attention should be paid to the disinfection and disposal of all excreta. The hands of the attendants, and all utensils and towels, which have been used in connection with the patient, also should be purified by disinfection. For this purpose 'Soloid' Corrosive Sublimate, gr. 8.75, should be used. One dissolved in a pint of water forms a suitable solution. All excrement should at once be treated with this solution and buried, and the receptacle thoroughly washed and disinfected before being used again.

Very favourable results are now following the treatment by inoculation with Haffkine's Anti-Cholera Serum, which seems also to confer a certain immunity from the disease.

Cold in the Head (Chill).

A common cold generally begins with a general feeling of lassitude, shivering, aching of the limbs, and running from the nose and eyes. In about three days these unpleasant symptoms usually begin to subside, when a bronchial catarrh with loose cough may develop and continue for a few days.

TREATMENT—

When the first symptoms are shown, give 'Tabloid' Quinine Sulphate, gr. 5, at once; follow this by giving 'Tabloid' Sodium Salicylate, gr. 5, every three hours, and two 'Tabloid' Dover Powder, gr. 5, at bed-time with a hot drink to induce perspiration. These may serve to check or shorten the attack. Menthol Snuff (B. W. & Co.) used frequently, relieves the unpleasant feeling of irritation, and lessens the discharge from the nasal passages.

Colic.

Severe twisting pain in the bowels coming on suddenly, be the cause what it may, is usually termed colic. When no fever is present, colic generally arises from flatulence, undigested food, or poison; but when the patient is feverish, the origin of the trouble may be an inflammatory condition of the intestine or dysentery, &c. Colic is usually associated with vomiting and with either obstruction of the bowels or passage of blood and mucus at stool.

TREATMENT—

Whatever the cause, the local treatment is the same. Apply hot fomentations to the abdomen, and give a dessertspoonful of castor oil with two 'Tabloid' Opium Tincture, min. 10. If pain

continues give an enema of hot water (102° F.); administer hot drinks, tea, &c., and 'Tabloid' Opium, gr. 1, every two hours until pain subsides. 'Tabloid' Ginger Essence, powdered and made into a draught with hot water, will relieve flatulent distension. When acute symptoms subside, give 'Tabloid' Cathartic Compound to obtain complete clearance of the bowel.

Constipation.

As a rule, the bowels relieve themselves once at least in 24 hours. When a daily evacuation does not take place, the condition is considered one of constipation. Some persons go for two, three or more days without an evacuation, yet keep good health; they are, however, quite exceptional. Simple constipation or costiveness comes from functional derangement of the bowel or the liver, or both, but the bowels may be obstructed and constipation result from more serious causes, such as tumour, inflammatory conditions, &c.

TREATMENT—

When constipation has become a habit, reliance must be placed on careful and suitable diet (which should include a sufficiency of fruits and vegetables), on exercise, and on treatment with 'Tabloid' Cascara Sagrada Compound, one to two thrice daily after meals. The cascara must be continued for say two months, lessening the quantity as the bowels become regular. 'Tabloid' Aloin Compound has an excellent effect in some cases. One to two after food, or one to three at bedtime.

When the tongue is dirty and the liver is evidently at fault, an occasional 'Tabloid' Laxative Vegetable or 'Tabloid' Podophyllin Compound must be given at bed-time in addition to the above. When the constipation is due to causes of a character other than functional, purgatives must on no account be given, but enemata of hot water should be tried until a doctor's advice is obtained.

Craw-Craw Ulcers.

This peculiar skin affection is well-known amongst natives in the French Congo or on the west coast of Africa. It first appears as a small reddish brown spot on the legs, ankles, feet or toes. Pustules soon form, which in turn suppurate and leave deep sores with almost perpendicular edges, the surface being covered with pale granulations, and exuding a thick tenacious pus, which, by its constant flow, keeps up an irritation and extends the ulcer.

TREATMENT—

First the skin should be scrubbed with a solution made by dissolving one 'Soloid' Corrosive Sublimate, gr. 8.75, in a pint of water, and the ulcer also mopped out with the same. The scabs

may be removed by the aid of a spatula, and the sore cleansed with the solution. This being done, the ulcer cavity should be filled with finely powdered boric acid, easily prepared by powdering several 'Soloid' Boric Acid, gr. 15. A piece of gauze spread with 'Hazeline' Cream should then be placed over it, and the whole covered by absorbent cotton wool, and bandaged.

Dengue Fever (Break-bone fever.)

The early symptoms of dengue fever are headache, coldness, pains of a very severe character in the back, limbs, and eyeballs, with more or less feverishness; or it may commence with simply a sudden pain in some joint. Within twelve hours a red eruption appears on the face, chest and other parts of the body. During the fever the temperature and pulse rise rapidly. As the rash disappears, the fever subsides, and for two or three days there is no pain. Then a second eruption occurs. This somewhat resembles measles, and often causes great irritation. When this disappears, the patient is much weakened and depressed, with rheumatic soreness and pains in the joints. Even a third attack may come on. Dengue fever prevails epidemically and is contagious.

TREATMENT—

The patient should be kept in bed and not allowed to rise until two days after the fever has disappeared. If constipated, one 'Tabloid' Laxative Vegetable should be given. To relieve the pain and induce sleep, two 'Tabloid' Dover Powder, gr. 5, or two 'Tabloid' Chloral Hydrate, gr. 10, may be administered at night. Frequent spraying with tepid water is very comforting. 'Tabloid' Antipyrine, gr. 5, with some stimulant, may be given at intervals of 4 or 6 hours until the temperature is normal. The severe itching in the palms of the hands may be allayed by rubbing 'Dartring' 'Lanoline' over the parts.

Diarrhœa.

This is more a symptom than a disease. The bowel is relaxed and there are frequent liquid evacuations, sometimes accompanied by griping pain. The acute form usually begins suddenly, and is generally due to a chill, or is the result of bad food or water. Diarrhœa may become chronic after repeated attacks of the acute form. *(See Sprue.)*

TREATMENT—

For the acute form, the treatment should be commenced by the administration of a laxative. Castor oil may be given when the diarrhœa arises from irritating matters in the intestine, but when the diarrhœa is bilious, give three 'Tabloid' Calomel, gr. 1, or one 'Tabloid' Cathartic Compound. Hot applications may be

applied to the abdomen if the pain is acute. All food should be withheld for a time, after which the patient should be put on a light farinaceous diet with barley water, very thoroughly cooked cornflour or arrowroot. Afterwards one 'Tabloid' Aromatic Chalk Powder with Opium, gr. 5, may be given thrice daily. When there is a tendency for diarrhœa to become chronic, the greatest attention should be paid to diet. All fruit, condiments, jam and vegetables must be avoided, and a meat juice or very thoroughly cooked arrowroot, corn or banana flour diet adopted. Two 'Tabloid' Peptonic may be given thrice daily, after food, to aid digestion; and one or two 'Tabloid' Rhubarb Compound Powder (Gregory Powder) should be given with a little water, after food, or at bed-time, for some time.

Dysentery.

When blood and mucus appear in the stools, it is usual to consider that the patient is suffering from dysentery. But, though blood and mucus in the motions may have a serious signification, this is not by any means always the case. True dysentery is caused by a specific organism which sets up a severe inflammation of the large bowel. It often occurs in epidemic form in tropical countries, but great fatigue, bad food, or bad water will originate an attack. It generally begins with a rigor, followed by fever and burning heat, and with darting pain near the lower orifice of the bowel. There is a continuous desire to go to stool. The evacuations at first are composed mainly of mucus, which soon becomes blood-stained and mixed with shreds of mucous membrane. The features become pinched and anxious. The seriousness of the case may be estimated by the straining at stool, and the severity of the griping pain. In severe attacks, stools may be passed every few moments for days. In favourable cases, improvement takes place in about a week. In other cases, the disease may become chronic after frequent relapses. When the dysentery is of the malignant type, large dark shreds of mucus, and stinking fluid are passed. Malignant dysentery is usually fatal within a week.

Treatment—

The patient must have absolute rest in bed, and this must be rigidly adhered to until the stools assume their normal appearance. At the very commencement of the illness, one or two tablespoonfuls of castor oil should be given. Ipecacuanha is recognised as the chief remedy for dysentery, and it should be administered in large doses. Ipecacuanha tends to produce nausea and vomiting, so before it is administered all food should be withheld for three or four hours and then one 'Tabloid' Opium, gr. 1, should be given, and after about fifteen minutes' interval, from

four to eight 'Tabloid' Ipecacuanha, gr. 5. A mustard plaster over the stomach, tends to arrest vomiting. Continue the ipecacuanha in 5 or 10 grain doses every six hours or until the stools assume a natural appearance. After each dose of ipecacuanha, no food or fluid should be given for two or three hours, but the patient may have ice to suck. On stopping the ipecacuanha, the diet should consist of milk or gruel, weak broth and thoroughly cooked farinaceous foods. By thorough cooking of farinaceous or starchy foods is meant continued cooking until all the starch granules are broken, and the mass is practically transparent. This is especially important in the case of rice, which requires far more prolonged cooking than it usually gets. Barley water or cold tea may be given to allay thirst, and it may be necessary to give brandy in small quantities well diluted. 'Tabloid' Bismuth Subnitrate, gr. 10, is to be given when the more acute symptoms subside. Instead of the ipecacuanha treatment, many advocate doses of sodium sulphate or magnesium sulphate frequently repeated. Either may be given in drachm (almost 1 teaspoonful) doses, dissolved in hot water, but the best form is 'Tabloid' Magnesium Sulphate Compound Effervescent, in which sulphates of sodium and magnesium are combined with carbonate of magnesium and essence of ginger. At first, one to four may be given every hour, dissolved in half a tumblerful of hot water and slowly sipped. The treatment is to be continued at longer intervals for two or three days or until healthy evacuations are brought away.

In some forms of dysentery, quinine seems to act efficaciously. In every variety of dysentery, large wet packs, hot or cold, should be applied to the abdomen, and a bandage or binder bound tightly round the body.

Dyspepsia (Indigestion).

Indigestion may be caused through improper, poor or badly cooked food, imperfect mastication, chills, overwork, want of exercise, or the excessive use of tea, alcohol or tobacco. A sudden attack may come on after a heavy meal, taken after prolonged fasting or over-exertion which results in the digestive organs becoming deranged. There is a feeling of fulness about the stomach, sometimes accompanied by heartburn, severe pain and flatulence, or there may be merely heaviness and drowsiness after the meal.

TREATMENT—

For the acute type, the best plan is to give promptly an emetic to empty the stomach. This will afford immediate relief. Three to six 'Tabloid' Ipecacuanha, gr. 5, powdered and given in tepid water will speedily effect this. One 'Tabloid' Vegetable

Laxative should be given at night to act on the bowels, and, if flatulence continues, a dose of 'Tabloid' Soda-Mint will be found to give relief. If the digestion remains weak, and the symptoms tend to recur frequently, the complaint may become chronic. In such a case the patient becomes depressed, the tongue is always more or less coated and there is a tendency to constipation. The diet must be carefully attended to, and heavy foods such as salt meats, cheese, veal, pork, potatoes, fresh bread, and tinned meat avoided. All food should be carefully and thoroughly cooked. Cocoa is preferable to tea or coffee. Two 'Tabloid' Peptonic, or 'Tabloid' Bismuth and Soda should be given after each meal. To regulate the bowels, one 'Tabloid' Cascara Sagrada, gr. 2, should be given after meals, at first thrice, and then twice daily till natural action is established.

Enteric Fever. *(See Typhoid Fever.)*

Epilepsy.

This disease, popularly known as "falling sickness," may occur in persons of any age, but most frequently in young adults. A well marked attack comes on suddenly with or without warning; the patient may call out or scream and fall down insensible. All the muscles of the body are thrown into a state of spasm, the features are distorted, the hands clenched with the thumbs inwards. Froth appears at the mouth, and the tongue may be severely bitten. A fit may last from a minute or two to fifteen minutes or longer. After the fit the patient may recover completely, may fall asleep, or may have a succession of similar fits.

TREATMENT—

Loosen all tight clothing, provide for a sufficiency of fresh air, raise the head and shoulders a little, place a pencil or piece of wood between the teeth to prevent the tongue being bitten; restrain the movements and prevent the patient hurting himself. Between attacks give two or three 'Tabloid' Potassium Bromide, gr. 10, or 'Tabloid' Bromides Compound once or twice daily, for some weeks or even months. One or two 'Tabloid' Easton Syrup, dr. ½, may be given twice daily after meals when the patient is anæmic or in a low state of health.

Erysipelas.

What is popularly known as the Rose, or St. Anthony's Fire, is a spreading inflammatory affection of the skin, sometimes extending to the cellular tissues beneath. It is liable to occur around wounds, be they accidental or the result of surgical operations. The disease is ushered in by a rigor, headache, foul tongue and all the usual signs and symptoms of fever. The redness of the

skin spreads far beyond the region of the wound, and from being a local trouble the disease comes to be a constitutional affection, causing blood poisoning. Vesicles or small blebs may appear on the skin, the parts become brawny and hard, and pus may develop to a mild extent (phlegmonous erysipelas). There is great danger to life when the inflammation spreads widely and extends deeply. There is a variety of erysipelas which attacks the face and head (facial erysipelas), which occurs independently of wounds, and is a more local and less dangerous disease.

TREATMENT—

The patient should be removed at once from insanitary surroundings, and careful attention given to cleanliness and ventilation. A purgative such as 'Tabloid' Cathartic Compound or 'Tabloid' Laxative Vegetable should be administered at once, followed by 'Tabloid' Iron Sulphate and 'Tabloid' Quinine Hydrochoride, gr. 3, three times a day. To soothe the irritation, the part affected should be constantly dusted with iodoform or starch, and covered with cotton wool. The parts should be washed with warm water and re-dressed daily. All discarded dressings should be burned, and the motions removed at once, and disinfected with 'Soloid' Corrosive Sublimate, gr. 8.75, dissolved in water as directed. The patient's strength must be maintained by a liberal supply of nourishing and well-cooked food and stimulants.

Fainting (Syncope).

Fainting may result from various causes, such as loss of blood, fright, weakness, want of food, close rooms, tight lacing, etc.

TREATMENT—

The patient should at once be placed in the horizontal position, the head being allowed to hang down a little below the body. Loosen the clothing from the neck and chest, and allow plenty of fresh air to circulate. Cold water should be dashed on the face, the limbs should be rubbed upwards, and, if possible, a little brandy and water given, unless the patient is suffering from the effects of bleeding. Ammonia, strong vinegar, or pepper may be applied to the nostrils. When persons subject to these attacks feel one coming on, they should either lie down flat or sit down and bend the body forward till the head comes close to the knees. This often acts as a preventive. Never raise a fainting person to a sitting posture.

Febricula.

In temperate and in tropical climates, children are subject to attacks of fever due for the most part to digestive ailments. The diagnosis of these cases is generally simplified by a dose of castor oil. The febricula is occasionally due to exposure to the sun.

Gastritis.

Acute inflammation of the stomach may be caused by various irritants, by drinking spirits but little diluted, on an empty stomach, from poisoning by unwholesome tinned provisions, or by mushrooms, mussels, etc. The symptoms are, acute pain at the pit of the stomach, vomiting and violent retching, thirst, fever, hiccough and extreme weakness and depression.

TREATMENT—

The bowels must first be freely opened by giving one to two 'Tabloid' Calomel and Jalap or two 'Tabloid' Laxative Vegetable. No solid food should be given for several days. If the vomiting does not cease, hot fomentations or poultices should be applied to the stomach. The patient must remain in bed as long as any tenderness or pain remains, and the diet must be of the lightest description, such as soups, milk or cornflour. Cornflour, or any other starchy foods, which may be given in the acute stages of gastritis, or as the patient becomes convalescent, must be very thoroughly cooked, until all the starch granules are broken, and the mass is practically transparent.

Gonorrhœa.

Gonorrhœa is characterised by a muco-purulent discharge from an inflamed part of the urethra or vagina, which is accompanied by severe scalding, itching, redness and swelling and some feverishness for the first week or two of the illness. After three or four weeks, the discharge becomes clearer and thinner, and may continue as a gleet.

TREATMENT—

To begin with, the bowels should be freely opened by giving one to two 'Tabloid' Laxative Vegetable. Capsules of balsam of copaiba should be given thrice daily, after meals. Wine, beer or spirits must be absolutely avoided. After six or seven days, an injection made by dissolving one 'Soloid' Zinc Sulphate, gr. 1, in five ounces of warm water, should be used three or four times daily. If this injection is not effective, 'Soloid' Potassium Permanganate, gr. 5, one dissolved in a pint of warm water, will be found useful and may be continued until the discharge ceases. Injections should be used three or four times daily, when two teaspoonfuls are to be injected into the urethra after passing water.

Guinea Worm.

In certain parts of India, in Persia, in Arabia and in tropical Africa and perhaps in Brazil, this parasite has been met with. On the west coast of Africa it is especially common amongst

the natives. The worm, a thread-like parasite, 12 to 40 inches in length, locates itself chiefly in the lower extremities of man, whither it no doubt burrowed its way from the stomach which it entered with the drinking water. Located beneath the skin, the parasite causes an irritation which ends in a small superficial ulcer. When the ulcer is moistened, a small whitish projection, like a thin hair, appears therein.

TREATMENT—

The treatment formerly practised was to seize the part of the worm that projected, and by coiling it round a wooden match or a feather, gradually to wind the worm out of the wound. This plan is now almost entirely abandoned, owing to the severe inflammatory symptoms which ensued when the worm chanced to break. A solution of Corrosive Sublimate, 1 in 1,000, may be injected by a hypodermic syringe into the protruded part of the worm or into the surrounding tissues. This kills the parasite, which can, after 24 hours, be easily extracted. Another plan is to keep the part wet, when the worm rapidly discharges her ova, and after about a fortnight dies and may be removed.

Gum boils.

Owing to decay of a tooth, an abscess may develop in the adjoining gum.

TREATMENT—

When pain is first felt, paint the painful part with tincture of iodine twice or thrice daily, and wash out the mouth frequently with hot water. When the boil has formed, the matter ought to be given vent by a free incision with a sharp knife. If the discharge continues for a long time, the tooth must be removed.

Gun-shot Wounds.

When the skin has been peppered by small shot from a sporting gun, the part ought to be washed with boric lotion, made by powdering and dissolving 'Soloid' Boric Acid, gr. 15, two in half a teacupful of warm water, then fomented continuously for three or four days with flannels or towels wrung out of hot water, and changed every three or four hours. Do not attempt to remove the shot from beneath the skin; they will do no harm if left alone. When a wound is caused by a bullet, wipe clean the aperture or apertures, and cover them over with dry boric or salicylic wool, or apply boric lint wrung out of hot water. If a joint is wounded or a bone broken, a splint is necessary to keep the limb immovable.

Hæmorrhoids (Piles).

Around and just within the lower end of the bowel (anus), protrusions of the skin and mucous membrane may become permanent and form piles. Piles are caused by the tissues around distended veins becoming thickened and congested with blood. At first they cause but little disturbance, but after a time they give rise to itching, constant moisture around the anus, and blood at stool occasionally. When they become irritated or inflamed, piles are excruciatingly painful, especially at stool. External piles are covered mostly with skin and remain permanently down; internal bleeding piles are covered by mucous membrane, and may return or may be pushed back after stool. When far advanced, however, internal piles may constantly protrude, causing discomfort. When an internal pile is down, and becomes inflamed, it is difficult, and at times impossible, to get it back, owing to the intense pain.

TREATMENT—

When a pile is inflamed, the patient must rest in bed and constantly foment the part. If it is an internal pile that has been caught and inflamed, the pile, after being fomented, must be anointed with warm olive oil, and an attempt made to replace it by pushing it back within the bowel. When piles bleed much at stool, do not use paper after stool, but wash the part clean with cold water. When a person suffers from piles, constipation must be combated vigorously; nothing is better than 'Tabloid' Cascara Compound, one to two, after meals, twice or thrice daily, as occasion requires. After stool, when the part has been washed and dried, mop it over with equal parts of 'Hazeline' and water, and apply 'Hazeline' Cream freely. At night and after stool, an 'Enule' 'Hazeline' Compound or 'Enule' Belladonna Extract will afford relief. Attention to diet, exercise, the condition of the bowels and general personal hygiene are the best preventives, and also serve to ameliorate the ailment when piles have developed. If hæmorrhage frequently recurs, an operation to remove the piles becomes a necessity.

Hæmorrhage. *(See Wounds.)*

Headache.

The causes of headache are legion. Too much blood to the brain, too little blood to the brain, constipation, biliousness, disease of any organs of the body, all fevers and feverish states, excitement, close rooms, and disease of the brain itself are some of the causes. The pain may be located along the eyebrows, above the eyebrows, at the back or at the top of the head, and each probably indicates the original cause.

TREATMENT—

Seeing that the commonest cause is derangement of the digestive tract, it is well to begin with an aperient. 'Tabloid' Laxative Vegetable suits well for this purpose, and so does 'Tabloid' Podophyllin and Euonymin; either should be given at bed-time. If the headache is of a neuralgic character, 'Tabloid' Caffeine Citrate Effervescent, one, two, or three, should be given dissolved in water, and repeated after an interval of three hours if required. 'Tabloid' Caffeine Compound, which contains Antipyrine, may be given, or 'Tabloid' Phenacetin Compound, one to three, repeated after an interval if necessary. When the headache is of a nervous character, or due to excitement or inflammation, 'Tabloid' Potassium Bromide, gr. 10, one dissolved in a large wineglassful of water, may be given twice or thrice daily.

When feverishness due to malaria is present, 'Tabloid' Quinine Hydrochloride, gr. 2, one every three hours, will generally relieve. Between the attacks, general personal hygiene will help to prevent recurrence.

Heartburn. *(See Acidity of the Stomach.)*

Heat Stroke. Heat Apoplexy. *(See Sunstroke.)*

Indigestion. *(See Dyspepsia.)*

Inflammation of the Liver (Hepatitis).

The signs and symptoms are pains in the liver and in the right shoulder, increased discomfort on deep respiration and on sudden movement; headache, foul tongue, constipation, fever, quick pulse, vomiting, and sleeplessness.

TREATMENT—

Two 'Tabloid' Calomel, gr. 5, should be given at once, followed by a saline purge such as 'Tabloid' Sodium Sulphate Effervescent, three or four in a full draught of water. The region of the liver should be poulticed or fomented, or may be painted with iodine liniment. The patient must be kept warm in bed, and the food should consist of milk, arrowroot or cornflour. No alcohol is to be given. 'Tabloid' Ammonium Chloride, gr. 10, with 'Tabloid' Sodium Bicarbonate, gr. 5, a quarter of an hour before meals, four times daily, are to be given whilst the patient is feverish; after the temperature has fallen to the normal, give five drops of dilute nitro-hydrochloric acid in a wineglassful of water, after meals, in place of the 'Tabloid' Products.

Insensibility, Stupor or Coma.

The commonest causes of insensibility are injuries of the brain. *(See Apoplexy; Epilepsy; Fainting; Fracture of the Skull; and Poisoning.)*

Insomnia (Sleeplessness).

Sleeplessness is very common in tropical countries. It may result from exposure to excessive heat, mosquitoes and other insects, from anæmia, weakness, or from the excessive use of certain drinks which affect the brain, such as alcohol, tea or coffee taken at a late hour in the evening. It is often due to the presence of malarial fever, or may be caused merely by over-fatigue. A hot bath before going to bed is a common cause of sleeplessness.

TREATMENT—

First ascertain the cause, and often by regulation of diet, the free circulation of air at night, and the use of mosquito curtains, the trouble may be overcome. If not, two 'Tabloid' Potassium Bromide, gr. 10, dissolved in a large wineglassful of water, should be taken at bed-time for a few nights, or three or four 'Tabloid' Sulphonal should be powdered and swallowed with a little hot water. Two are to be taken at 4 p.m., and one or two at 7 p.m., as sulphonal takes a long time to affect the system and procure sleep. 'Tabloid' Soda-Mint, one to four, swallowed with water, will often afford marked relief in the insomnia arising from acidity of the stomach.

Jaundice.

Jaundice is characterised by a yellowness of the skin, and is specially noticeable in the white of the eyes. It is accompanied by a bitter taste in the mouth, constipation, clay coloured or white motions, highly coloured urine and an irritable skin. Jaundice may be of a temporary nature due to congestion of the liver, to influenza, or to cold. When jaundice persists for some weeks, without pain, it is usually due to catarrh of the passages, but when accompanied by pain it may be caused by gall-stones, malignant tumours, etc. A jaundiced appearance may result from chronic malaria, bilious remittent fever, and blackwater fever.

TREATMENT—

Jaundice due to derangement of the liver is usually got rid of by a purgative, 'Tabloid' Cathartic Compound, two to be given at bed-time. When the condition is accompanied by fever, 'Tabloid' Calomel, gr. 5, should be given, followed by two to four 'Tabloid' Magnesium Sulphate Effervescent. In prolonged jaundice when no pain is present, the diet must be light, and

sugar, fats, and alcohol avoided. An occasional 'Tabloid' Sodium Bicarbonate, gr. 5, dissolved in water and given before meals will aid digestion. When jaundice is accompanied by pain, hot fomentations are to be applied over the painful region.

Jigger. *(See Chigre.)*

Leprosy.

Although at one time widely prevalent in Europe, leprosy is now a disease mostly met with among the coloured races. As a general rule, leprosy increases in frequency as the equator is approached from the poles. The disease is caused by a micro-organism, but may assume different types according as the nerves (nerve leprosy) or the skin (nodular) are primarily or mainly affected. The disease runs a chronic course, and the patient may live for many years after the first appearance of signs and symptoms. With good food and clothing and appropriate remedial measures, life may be prolonged almost indefinitely.

CONTAGION—

Leprosy is contagious in only an infinitesimal degree; unless living under the same roof with a leper for months or years, there may be said to be no danger of contracting the disease.

TREATMENT—

The remedies employed for the cure of leprosy are legion. Chaulmoogra oil in ten drop doses, thrice daily, is employed largely at the present time; the dose may be increased gradually until one or two drachms are taken daily, or the oil may be given hypodermically. Serum treatment has given encouraging results, so has the subcutaneous injection of Koch's Tuberculin. 'Tabloid' Thyroid Gland is credited with improvement of the leprous state, and 'Soloid' 'Chinosol,' applied locally, seems to have yielded beneficial results. No known drug, however, is a specific remedy; a cure is scarcely to be looked for, but suitable clothing and good food, with cod liver oil and iron, are capable of ameliorating the malady.

Liver.

Congestion of the liver is a common ailment in all warm climates. It is caused most frequently by exposure to sudden cold, a chill in fact. The calls upon the liver in hot countries are great, and when certain errors in diet, excessive or unwise use of alcohol, etc., are added, congestion of the liver is very apt to occur. A person suffering from congested liver is easily tired, feels disinclined to take any exercise, sleeps heavily, loses appetite, has a foul tongue, a tendency to nausea, fulness after meals, discomfort and a sense of weight on the right side of the body just

below the ribs, pain in the right shoulder, and either constipation or loose watery motions. There may be a slight rise in temperature, though usually it remains at or below the normal.

TREATMENT—

If congestion is very marked, the patient is best in bed. Give two 'Tabloid' Cathartic Compound at once, to relieve the bowels, and for a week or ten days afterwards give two 'Tabloid' Carlsbad Salt Effervescent or 'Tabloid' Sodium Sulphate Effervescent in a draught of hot water every morning. A large poultice, with or without mustard sprinkled on its surface, applied over the region of the liver, or hot fomentations, or painting with liniment of iodine, will help to relieve acute congestion of the liver. When the congestion is passing off, five drops of dilute nitro-hydrochloric acid in a wineglassful of water after meals will promote recovery. The diet must be of the simplest character, meat and alcohol being denied the patient. *(See also Inflammation of the Liver, and Abscess of the Liver.)*

Malarial Fever.

CAUSE—

There is no doubt that malarial fevers are caused by the presence in the blood of a parasite sometimes named the *plasmodium malariæ*. It seems also conclusively proved that the female mosquito of the *anopheles* species is the medium by which malaria is carried from infected to healthy persons.

The commoner species of mosquitoes are those known as the *culex* and *anopheles* varieties. The *culex* mosquitoes serve as the medium by which filarial parasites and diseases (Elephantiasis) and possibly yellow fever are spread, whilst the *anopheles* transmit malaria. The *anopheles* are known by their appearance and position when resting, and by their larvæ or young. The wing of the anopheles is of a dapple appearance, having four white

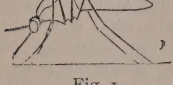

Fig. 1.

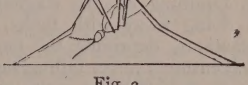

Fig. 2.

The distinguishing characters of the *Culex* and *Anopheles* genera are clearly shown in the above drawings—

Fig. 1. represents the *Culex*, in which it will be noticed the head and thorax form an angle with the abdomen, which gives the insect a curious humpbacked appearance.

Fig. 2. shows the *Anopheles*, in which the head, thorax and abdomen are almost in a straight line.

markings disposed in the form of the letter "T." When resting,

the anopheles has its head close to the surface, and its body stuck out at almost a right angle to the surface; the culex on the other hand assumes a position almost parallel with the surface. The larvæ of the anopheles, in water, lie almost parallel with the surface, whereas the culex larvæ, when breathing, hang vertically. Mosquitoes *breed* in stagnant pools, in slowly running water, in pools left by rain, etc. During the day, mosquitoes rest in trees, grasses, etc., near dwellings, and towards sundown they invade human dwellings, and, by biting persons infected with malaria, imbibe the malarial parasite with the blood they suck. In the stomach of the mosquito, the parasites are changed so that they enter the tissues of the mosquito's body, and, reaching the proboscis, are transmitted to healthy persons whom the mosquito bites. If the quantity of poison conveyed by the mosquito is sufficient, the person bitten becomes the subject of malarial fever, and in turn becomes a source of danger to other persons, from the fact that the anopheles mosquito may acquire the parasites from him and convey them to others.

PREVENTION OF MALARIA—

There are several methods by which Malaria may be prevented.

1. It is well known that quinine has the power to destroy the malarial parasite within the blood of human beings. Acting on this principle, the quininising of individuals or of whole communities has been tried with some degree of success. Many persons in malarial districts take quinine daily, or at least twice or thrice weekly as a preventive of malaria; not that the quinine prevents the mosquitoes biting, or injecting the malarial parasite when they bite, but that the blood being dosed with quinine, is in a condition unfavourable to the development of the parasite. Continuous dosing with quinine, however, is not without deleterious influences in other ways.

2. A second method of preventing malaria, is by destroying the larvæ in the stagnant water near dwellings. This is accomplished by pouring petroleum or other oil on to the breeding pools, when the larvæ are prevented getting air to breathe, and are thus killed.

3. Draining off the stagnant water lying around dwellings, and doing away with tanks, water-barrels, etc., are valuable precautions, depriving the mosquitoes of the breeding places which ensure a never failing supply of these dangerous pests.

4. Protection by mosquito-netting is an old and highly efficient means of preventing malaria; the bed only may be protected, but it is better when the whole house is protected. The experiments carried on in the Roman Campagna during the summer of 1900 by Drs. Low and Sambon have definitely proved that when mosquitoes are prevented from reaching the house or the individual, it is possible to live in the most highly malarial regions without contracting the disease.

The characteristic symptoms of an attack of malaria are thus graphically described:—"The individual after residence of perhaps only a week, or after some months, begins to feel ill. Slight headache, aching in the bones, a mysterious chilliness, occurring even in the hottest weather, pervade him. Next, the glaring sunshine appears pale to him, and he feels as if he had been transported to a cold climate. Suddenly he commences to shiver, his teeth chatter, his face and hands turn blue, he flings himself on his bed, calls for blankets, and remains huddled up, quaking so violently as to make the bed shake. Presently, flashes of heat pass through him; they increase; the cold stage passes off; he falls into a burning fever; he wishes to fling away his bed-coverings; he groans with headache; he may even become delirious. Lastly, after the fever has remained some hours, a perspiration breaks out; he feels better; his headache vanishes; he perspires profusely; the fever leaves him, and he calls for food, apparently quite recovered, though a little pale and weak."

Malarial fevers are of different clinical types according to the nature of the infecting parasite. There are several known parasites, including that giving rise to the tertian type, that giving rise to the quartan type, and the parasite associated with the malignant æstivo-autumnal type of fever. The first two give rise to ague or the intermittent fevers; the last to the remittent type.

Intermittent Fever, the onset of which is described above, is characterised by definitely recurring periods, during which the fever is completely absent. If the paroxysms occur daily, it is called *quotidian* (double tertian), if on alternate days, it is termed *tertian;* or if every third day, it is called *quartan*. When a person has once suffered from an attack, a repetition may occur without exposure to malarial influences. The paroxysms of ague occur in three stages:—the "cold," the "hot," and the "sweating."

1. The cold stage is ushered in by a feeling of chilliness, which speedily develops into a violent shivering fit or rigor. The features become bluish in colour, there is severe headache and aching in the limbs, quick breathing, and accelerated pulse. The temperature gradually rises, until, after a period ranging from half an hour to two hours, the hot stage commences.

2. This generally begins with a general flushing of the whole surface, the pulse becomes full and increases in rapidity, the skin is dry and harsh, and the temperature may reach 103° to 105° F., or more. This stage may last from four to six hours, during which period the patient may become delirious.

3. The feverish symptoms begin to subside, and a copious perspiration breaks out. A general sense of relief is experienced, and often after a sleep the patient wakes free from fever, but with a characteristic feeling of general lassitude, which lasts for some time.

Remittent Fever. In this type of the disease the temperature drops at intervals, but does not fall to the normal after the initial attack, nor after the frequent exacerbations which mark the course of the disease. The onset of the fever is indicated by rigor, severe headache and vomiting. The temperature gradually rises, and during the hot stage, delirium is frequently present. The hot stage is not followed by a well-marked sweat as in intermittent fever, but on the other hand the perspiration seems to be checked, and the temperature after only a temporary fall again rises. A remittent fever may last one or two or even three weeks.

Continued Fever. The question as to whether continued fever is of a typhoid or malarial type can, in the early stages of the illness, only be settled by the effect of quinine on the temperature, or by the examination of the blood. The former can be tested by ample doses of quinine given at the onset of the fever; the latter by a medical man, skilled in the examination of blood microscopically and bacteriologically.

TREATMENT—

During an attack, the patient should be kept in bed. During the cold stage, the patient should be kept warm by hot bottles, blankets, hot drinks, etc. When the hot stage develops, everything that can promote perspiration should be administered freely. When the patient has perspired freely, the wet clothing should be changed by cautiously slipping it off beneath the bed-clothes, so that the body is not exposed to chill. The patient from the very onset should be kept between blankets, not between sheets. When the temperature of the body is high (105°) and tending to rise higher, the surface of the body should be sponged over with hot water; but if the temperature continues to rise, the patient should be placed in a cold wet pack for, say, 20 minutes.

Quinine is the one reliable drug in malaria. Persons attacked by malaria who declare they cannot tolerate quinine, are not to be taken seriously; for everyone can take quinine, and it should be given in every case of ague. Some recommend that it be given only in the intervals of feverishness, others at any time. It does not matter when it is given; but when given during the intervals of fever its effect is likely to be more pronounced. To commence with, give, for an adult, three or four 'Tabloid' Quinine Hydrochloride, gr. 5; after six or eight hours give two more, and repeat at six or eight hour intervals for one, two or three days until such time as the fever is checked. When headache is intense, temperature very high, and sweating delayed, one of the following may be found a useful adjunct to the treatment, viz.:—'Tabloid' Pilocarpine Nitrate, gr. 1/10, to promote sweating; 'Tabloid' Antipyrine, gr. 5, or 'Tabloid' Phenacetin, gr. 5. With each of these drugs some brandy or whisky, in water, should be given to prevent the depressing influence they exert on the heart. After the paroxysms of fever have ceased,

two 'Tabloid' Quinine Hydrochloride, gr. 5, should be given daily, after breakfast, for fourteen days. In remittent fever it is best to commence treatment with 'Tabloid' Calomel and Jalap, followed, if necessary, by a saline draught, 'Tabloid' Sodium Sulphate Effervescent, two to four in water will answer the purpose. When purgation has ceased, quinine must be given: four 'Tabloid' Quinine Hydrochloride, gr. 5, to start with, then two every six hours for three days. If the temperature at the end of three days shows no signs of modifying, or actually rises still higher, the patient is in all probability suffering from typhoid fever and not from malaria. (*For treatment by means of Warburg Tincture, see Appendix.*)

Should the patient be much reduced after the fever has subsided, 'Tabloid' Iron and Arsenic Compound, thrice daily after meals, for a fortnight, will prove beneficial. When the spleen is marked by increased size, it is imperative that the patient sojourn in a temperate non-malarial climate for several months at least. Should the spleen continue to increase in size, return to a malarial district in the tropics will in no long time prove fatal.

Malarial fever is always accompanied by considerable disturbance of the digestive organs. Milk diet is essential in the acute stages, and feeding by the rectum has frequently to be resorted to, owing to the difficulty of controlling vomiting. For rectal feeding, 'Enule' suppositories of pre-digested meat or milk are specially useful. They are made in two sizes, for adults and children respectively. When the progress of convalescence permits, soups and starchy foods may be gradually added to the milk diet. Great care, however, should be taken that the starchy foods are thoroughly cooked until all the starch granules are broken, and the mass is practically transparent. This is especially important with rice, which is rarely sufficiently cooked, even for those in health, except by persons familiar with the requirements of tropical life.

Many ailments are caused by or complicated with malaria; dysentery is not infrequently ascribable to malaria; chronic dyspepsia, anæmia, and enlargement of the spleen are some of the more common sequels to malaria. A continued high temperature, with occasional spring or autumn outbursts of fever, and temporary enlargement of the spleen, may occur after a malaria patient has left the tropics and remained in a temperate climate for several years.

Nettle Rash.

Nettle-rash is an eruption resembling that caused by the sting of a nettle, accompanied by a stinging pain or intense burning sensation.

TREATMENT—

Give two 'Tabloid' Laxative Vegetable to clear the bowels. The following solution applied to the part will relieve the

irritation.—Dissolve Liquid Carbolic Acid, min. 25, in six tablespoonfuls of water, then add six tablespoonfuls of glycerin. Mix thoroughly. This should be dabbed over the affected part with a little wool.

Neuralgia.

Neuralgia means, literally, pain in the nerve, and it may arise from one of a multitude of causes, of which chill, damp, exposure to draught, decayed teeth, malaria, rheumatism, mental worry, etc., are some of the more common. The nerves of the face are very liable to be attacked, and exposed nerves in carious teeth are frequent sources of neuralgia. Malaria causes most frequently pain in the nerve over one eye. "Tic douloureux" and sciatica (*q.v.*) are varieties of neuralgia, the former attacking the face, and the latter the sciatic nerve at the back of the hip and the thigh.

The pain is often intense, coming on in paroxysms and leaving the patient weak and exhausted, and the skin acutely tender in the region of the nerve.

TREATMENT—

Remove the cause if possible, and attend to the general health. If the pain proceeds from a decayed tooth, the tooth should be extracted. 'Tabloid' Quinine Hydrochloride, gr. 3, given every three hours, will often relieve the severe pain. In some cases 'Tabloid' Antipyrine, gr. 5, thrice daily has an excellent effect. 'Tabloid' Phenacetin, gr. 5, and 'Tabloid' Potassium Bromide, gr. 10, given alternately, thrice daily, will also be found useful. When the pain has disappeared, 'Tabloid' Iron and Quinine Citrate should be given twice or thrice daily for a week. A dose of quinine is often a curative in neuralgia.

Ophthalmia.

Ophthalmia, or inflammation of the membrane which covers the front of the white of the eye and the inside of the eyelids, is often met with in tropical countries, especially where sand abounds. The fine particles of sand which are carried by the wind are one of the chief sources of ophthalmia, and flies serve to disseminate the disease from one person to another.

TREATMENT—

Coloured spectacles which completely cover the eye, and protect it from the sand and sun, are the best preventive. When the inflammation is first observed, bathe the eye constantly with a lotion made by dissolving two 'Soloid' Zinc Sulphate, gr. 1, in two tablespoonfuls of water, and keep the eye shaded from the sun till all inflammation has gone. 'Soloid' Boric Acid, gr. 15, dissolved in three ounces of water, is frequently of great service.

Piles. *(See Hæmorrhoids.)*

Plague.

Since 1894, when an outbreak of plague occurred in Hong Kong, the disease has visited other parts of Asia, chiefly the Bombay Presidency of India. In Europe, cases of plague have occurred in Oporto, Marseilles, Naples, Glasgow and Hamburg; in America, in several cities of Brazil and Paraguay and in San Francisco; in Africa, in Egypt and Cape Colony; and in Australia in several of the large cities. Plague cases group themselves under three chief headings, viz.: — Bubonic, septicæmic and pneumonic plague.

1. *Bubonic plague* is the most common form of the disease. It is ushered in by fever, rigor, nausea and general aching of limbs and body. In the groin most usually, but sometimes in the axilla or in the neck, one or several of the lymphatic glands in these regions enlarge shortly after the onset of fever, with acute pain. The outline of the gland is soon lost in the mass of swelling. Delirium is the rule, and the patient all too frequently succumbs on the fifth or sixth day. Should the patient survive that period, the gland will probably suppurate on the eighth day when the patient's chances of recovery somewhat improve.

2. *Septicæmic plague.* Sometimes no localised glandular swellings are apparent, and the fever, delirium and other signs and symptoms of plague are very intense. These conditions are associated with the septicæmic form of the disease. The mortality is excessive, the patient usually dying on the second, third or fourth day of the illness.

3. *Pneumonic plague* generally begins by a chill, with nausea, vertigo, and pains in the head and limbs, followed by a rise in temperature. The pulmonary symptoms may not declare themselves until three or four days afterwards. They are characterised by pain in the chest, frequent cough, and dark expectoration sometimes tinged with blood. The breathing becomes difficult, delirium comes on, the heart is enfeebled, and death takes place usually from the fourth to the eighth day of the illness.

Treatment—

Although plague is a disease of extraordinary fatality, in no disease do careful nursing and medical attention give better results. The care of the patient, however, must be of the closest kind, and he must never be left for a moment, night or day, if the best chance is to be given him. The treatment consists largely in treating symptoms as they arise; vomiting must be relieved, delirium allayed, diarrhœa checked when it becomes excessive, pain in buboes is to be treated by glycerin and belladonna extract and by poulticing. Beef tea, whey, mutton broth and plenty of fluid such as tea or coffee are to be administered at frequent intervals, and heart failure combated by

stimulants. To allay the delirium, 'Tabloid' Hypodermic Hyoscine Hydrobromide, gr. 1/75, is efficient, and sponging with tepid water is of service. To stimulate the heart, 'Tabloid' Digitalis Tincture or 'Tabloid' Strophanthus Tincture may be used. For diarrhœa, 'Tabloid' Salol, gr. 5, two every four hours whilst necessary, has been found effective. Buboes should not be opened early, but when pus is evidently quite subcutaneous, it may be evacuated, and the wound dressed with gauze dipped in a solution made by dissolving one 'Soloid' Corrosive Sublimate, gr. 8.75, in a pint of water, or with iodoform.

Isolation and separation.—When a person is found to be suffering from plague, he must be at once isolated or removed to a special plague hospital, all "contacts" must be segregated, and all "suspects," that is, persons becoming ill when under observation, at once isolated from the healthy. The rooms of the house in which the patient has been must be disinfected. The best disinfectant is 'Soloid' Corrosive Sublimate, gr. 8.75, one being dissolved in a pint of water. Evacuations from plague patients should also be disinfected with this solution. Houses in which rats are found dead during a plague epidemic should be vacated and regarded as infectious.

Serum Treatment.—Sero-therapeutic measures by inoculation with Haffkin's Anti-plague serum have met with a considerable amount of success, from both preventive and curative points of view. For a patient suffering from plague, 20 to 40 c.c. of the serum are injected, according to the gravity of the case. Another injection of 20 c.c. should be given on the following day, followed by another the next day, if thought necessary. The injections are made in a manner similar to those of Diphtheria Antitoxic Serum. As a preventive for those who nurse or look after plague patients, an injection of 3 c.c. of the serum is sufficient to resist an attack. It requires from twelve to twenty-four hours to produce the required immunity.

Pleurisy.

Pleurisy is an inflamed condition of the smooth membrane which covers the surface of the lung and the inner aspect of the chest wall. In such cases the surface becomes rough and painful, so that every movement of respiration causes distress. The patient is unable to take a full breath, and he has a characteristic pain or "stitch" in the side. The breathing is quick, and there is cough, but no expectoration. Pleurisy is generally caused by exposure to cold or wet.

TREATMENT—

To relieve the pain, 'Tabloid' Morphine Sulphate, gr. $\frac{1}{8}$, may be given every hour for the first three hours, and every third hour afterwards, till the pain is relieved. The affected side of the chest should be poulticed, or it may be strapped with broad pieces

of adhesive plaster, each reaching from the spine to the breast-bone in front. The bowels should be kept open by an occasional 'Tabloid' Laxative Vegetable. Medical aid should be obtained as early as possible.

Pneumonia.

Pneumonia signifies inflammation of the lung tissue itself. It is usually caused by a severe chill or exposure to cold and wet. It begins with a prolonged shivering fit. The temperature rises, and the patient soon takes to bed. He generally lies on his back with the head a little raised. The cheeks are flushed and the nostrils dilated. The breathing becomes very rapid and there is sometimes a dull pain over the affected part. Coughing is very troublesome and aggravates the pain. The expectoration is of a rusty colour, owing to being tinged with blood. There may also be delirium at night. The crisis generally occurs between the fourth and ninth day, when, if amendment takes place, the temperature falls suddenly, and the acute symptoms disappear.

TREATMENT—

The treatment mainly depends on good and careful nursing. The affected part of the chest should be covered with a hot poultice. 'Tabloid' Antipyrine, gr. 5, may be given at intervals of three hours, to relieve the fever. Should the skin be very dry, two 'Tabloid' Dover Powder should be given at night. The diet should be of fluids, such as light broths, beaten eggs and milk. If an aperient is required, two 'Tabloid' Calomel and Jalap should be given. Delirium may be treated with two 'Tabloid' Ammonium Bromide, gr. 10. After the temperature has fallen, the patient's strength must be maintained by a light and nourishing diet, and every care must be taken against relapse.

Prickly Heat.

Prickly heat is caused by a congested state of the orifices of the sweat glands. This gives rise to an eruption of fine pin-point vesicles all over the body. The eruption is accompanied by great irritation. Woollen clothing, "long" drinks, excessive sweating, etc., tend to aggravate the disease.

TREATMENT—

All stimulants, "long" drinks, especially of aërated waters, should be avoided. Linen clothes may be worn next the skin, the ordinary flannels being worn over them. The diet must be light and an occasional dose of 'Tabloid' Potassium Citrate Effervescent administered. Avoid using soap whilst bathing, and for a few days when the prickly heat is very bad, leave off the bath entirely; and instead, apply a small quantity of cocoa-nut oil or 'Dartring' 'Lanoline' to the skin once or twice a day. If the irritation is very great, a lotion made by dissolving Liquid

Carbolic Acid, min. 25, in six tablespoonfuls of water and six tablespoonfuls of glycerin may be dabbed on the part with a piece of wool. 'Hazeline' applied pure on lint is often of great service in relieving the irritation.

Rheumatism (Acute).

Acute rheumatism or rheumatic fever, usually begins after exposure to damp or cold. There is a general feverishness, with pain and tenderness in the joints, followed by swelling. The pulse is quick, and the tongue is coated with yellowish fur. There are also characteristic sour perspirations. This disease is rarely seen in tropical countries.

TREATMENT—

At the onset, the bowels should be opened by giving two 'Tabloid' Cathartic Compound. The patient should be kept in bed between blankets. Two or three 'Tabloid' Sodium Salicylate, gr. 5, should be given every four hours till the acute symptoms subside, then two every six hours, and, gradually, the dose may be diminished. It is desirable to keep the affected and painful joints wrapped in cotton wool while the attack lasts.

Scarlet Fever.

This is a highly infectious eruptive fever generally occurring in early life. Infection may be conveyed by means of letters, books or clothes, or even by entering a room where the patient is. The attack usually begins with chills, or shivering, followed by fever, sore throat, nausea, pains about the limbs and body, and often diarrhœa. The throat becomes a vivid red. The rash appears on the second day, spreading from the face and neck over the breast and limbs. It generally lasts till the fifth or sixth day, when it begins to decline, disappearing on the eighth or ninth day. The skin is then in a scaly condition and commences to peel off the hands and feet in large flakes. An ordinary case lasts fourteen or fifteen days. Scarlet fever is a rare disease in the tropics, but in sub-tropical countries it is frequently met with.

TREATMENT—

The patient must be isolated at once. The bowels should first be opened by giving one 'Tabloid' Laxative Vegetable. 'Tabloid' Potassium Bicarbonate and 'Tabloid' Potassium Nitrate, dissolved in water, should be given thrice daily. For the sore throat, four 'Tabloid' Potassium Chlorate may be dissolved in half a tumblerful of water, and used as a gargle. Barley water and lemonade may be given freely to quench the thirst, and the patient should be put upon a nourishing diet of soups, milk and Perfected Wyeth Beef Juice, with a small quantity of port wine or brandy when necessary. When the acute symptoms have subsided, 'Tabloid' Iron and Quinine Citrate may be given thrice daily. During convalescence, dropsy is apt to occur, especially if the patient is exposed to chill.

Sciatica.

This is a form of neuralgia which affects the sciatic nerve, and is characterised by severe shooting pains in the hip and thigh, darting from thence to the toes. It is brought on, especially in gouty and rheumatic people, by exposure to cold and exhaustion.

TREATMENT—

Absolute rest is imperative. 'Tabloid' Quinine Hydrochloride, gr. 2, should be given every three or four hours. If the pain is very severe, one 'Tabloid' Morphine Sulphate, gr. $\frac{1}{8}$, or one 'Tabloid' Opium, gr. 1, may be given as an anodyne.

Scurvy.

Scurvy is essentially a preventable disease, and is considered to be due to an insufficiency of fresh vegetables in the diet. It begins with anæmia and lassitude, the skin becomes yellow and may give way, forming ulcers. The gums also become spongy and ulcerated, and bleed profusely. Subcutaneous hæmorrhages occur in different parts of the body, particularly the back of the knees.

TREATMENT—

A supply of fresh vegetables or lime juice is the first necessity. A change will soon be observed after the patient is put on this diet. Beef tea, soup, and milk may also be given, and in a few days, 'Tabloid' Iron and Quinine Citrate should be given thrice daily. The action of the bowels should be kept regular by an occasional dose of 'Tabloid' Laxative Vegetable, and the mouth washed out frequently with 'Tabloid' Potassium Permanganate, gr. 2, dissolved in half a tumblerful of water. In case of hæmorrhage, 'Hazeline' will be found very useful. It may be diluted with an equal quantity of water and used as a mouth wash; and, one or two teaspoonfuls in a little water may be given internally every two or three hours while the bleeding continues.

Sleeping Sickness.

Sleeping Sickness, at one time met with only in Tropical West Africa, has recently extended along the Congo Valley, and reached Uganda and the upper part of the Nile Valley. It is exclusively limited to the negro race. The first perceptible symptom is a continued and persistent tendency to go to sleep in the day time, even while working, and the individual gradually sinks into a profound lethargy which may last for weeks. Most of the superficial glands become enlarged. It is associated with the presence of a parasite (trypanosoma) in the fluids of the brain and spinal cord.

TREATMENT—

Hitherto the disease has not proved amenable to treatment; and therefore only palliative measures can be suggested. The bowels should first be opened freely by giving one or two 'Tabloid' Cathartic Compound at night, the dose to be repeated whenever necessary. Stimulating tonics should then be administered. 'Tabloid' Strychnine Sulphate, gr. 1/60, alternately with 'Tabloid' Digitalin, gr. 1/100, may each be given twice daily. Galvanism over the spinal cord may prove successful in raising the patient from his apathy. The diet should be a mixed one, stimulants such as whisky being allowed. A good authority suggests 'Tabloid' Pituitary Gland Substance and 'Tabloid' Arsenious Acid, gr. 1/100, as being likely remedies.

Sleeplessness. (*See Insomnia.*)

Small Pox.

This is a specific infectious disease, often very fatal. It usually begins with a chill, followed by high fever and pains in the back, accompanied by vomiting and headache. The period of incubation lasts twelve days. The eruption appears on the third day of the illness, usually on the face and then all over the body. At first, shotty nodules are felt below the skin, but soon pimples develop, they become vesicles on the fifth day, and on the eighth day form into pustules containing purulent matter, each pustule being surrounded by a red rash. Sometimes the skin of the whole body becomes swollen and red, and the patient complains of sore throat, hoarseness, deafness and diarrhœa. After this begins the drying up, or scabbing, period. The pustules dry up into crusts, and in three weeks are ready to fall off, leaving disfiguring pits in the skin. Small Pox may be "discrete," "confluent" or "malignant" according to the virulence of the infection.

TREATMENT—

The patient should be isolated at once. If there is delirium at the beginning, three 'Tabloid' Potassium Bromide, gr. 10, or two 'Tabloid' Dover Powder, gr. 5, should be administered. The diet should be nourishing, and very careful nursing is required. To prevent pitting of the skin, protect the surface of the body from the air and light by anointing it every day with olive oil, after sponging with warm water and well drying. Keep the patient clean, attend to the eyes, any irritation of which may be allayed by instilling a drop of castor oil. During convalescence, 'Tabloid' Iron and Quinine Citrate should be given thrice daily. Small Pox is so prevalent a disease in tropical countries that travellers should be protected by vaccination before starting on their journey.

Sore Throat (Simple).

This ailment is generally brought on by cold. The mucous membrane of the throat and the tonsils may become sore, red, and swollen, causing hoarseness and difficulty in swallowing solid food.

TREATMENT—

'Tabloid' Potassium Chlorate should be allowed to dissolve in the mouth frequently, or three or four may be powdered and dissolved in half a tumblerful of tepid water and used as a gargle. If there is hoarseness, Voice 'Tabloid' Products, or 'Tabloid' Borax, slowly sucked occasionally will be found very effective. In cases in which the tonsils are relaxed, 'Tabloid' Tannin, allowed to dissolve in the mouth slowly, will give relief.

Sprue.

Sprue or "white diarrhœa," is a disease often met with in China, Ceylon and other far eastern countries. The symptoms are peculiar, and begin with a painless diarrhœa which occurs in the morning. The stools are almost white, and generally copious and frothy. The tongue becomes sore and tender, and the mouth and throat appear raw and bare. The patient eventually becomes very emaciated, and may die from exhaustion.

TREATMENT—

The patient must have complete rest, and be kept warm. A milk diet is generally the best. 'Tabloid' Rhubarb and Soda should be given, with occasional doses of castor oil. 'Tabloid' Dover Powder, given at night, often produces good results. In the stage of improvement, raw eggs in milk, very well boiled arrowroot, chicken broth, or other light foods may be allowed. Some prefer a minced beef and hot water treatment, withholding milk altogether.

Sunstroke. (Heat apoplexy and heat stroke.)

These terms are applied to a class of nervous symptoms which arise from long exposure to the sun or an artificial high temperature. Sunstroke is due to the direct action of the solar rays. The symptoms may develop suddenly or may be deferred for several hours. Usually the onset is sudden, the patient falling insensible, gasping for breath; the pulse is very weak, the breathing stertorous, and the temperature high.

Heat Stroke. The symptoms occur during the evening, after exposure to severe heat during the day. The patient feels sick and prostrate, the skin becomes hot and dry, and there are frequent calls to pass water. He rapidly becomes heavy and comatose, the whites of the eyes become bloodshot, the tempera-

ture rises, and insensibility finally supervenes. These attacks are not necessarily fatal, but anyone once having suffered from a severe sunstroke, should seek and live in a cooler climate.

TREATMENT—

Where insensibility results only from heat exhaustion, and the grave symptoms are not manifested, the sufferer should be placed in a cool place in the shade, all tight clothing removed, and cold water dashed on the head and face. In some cases a little brandy may be given as consciousness returns. Severe cases of sunstroke require prompt treatment. The patient should be rapidly undressed and wrapped in a wet sheet, which should be kept constantly damp with cold water. Ice, if possible, should be applied to the head and the upper part of the spine. In place of ice, cold water cloths may be used. An enema composed of two tablespoonfuls of turpentine well beaten up with an equal quantity of olive oil and one or two eggs, then three-quarters of a pint of water added, should be injected into the rectum. If the case is prolonged, repeated injections of cold water may afterwards be used.

In severe cases convulsions may occur. Recovery is often protracted and tedious. Alcoholic drinks must be forbidden while any bad symptoms remain, but if the patient is actually sinking, and no hope of reaction remains, and if the pulse becomes slow and weak, two teaspoonfuls of whisky and water may be given. Hopeful signs of recovery are manifested by gradual relaxation of the pupils, the diminution of bloodshot appearance of the eyes, and the reappearance of susceptibility to pain. After recovery of consciousness, 'Tabloid' Easton Syrup should be given thrice daily as a tonic.

Syncope. (*See Fainting.*)

Syphilis.

Syphilis is a specific disease which is only contracted by direct inoculation. It begins to show itself in about a month after the actual contact.

First stage. About a month after the disease is contracted, a small dark pimple appears on the affected part. This sloughs at the top, leaving, in about a week's time, a small ulcer with a hard base. This is called a hard chancre. The neighbouring glands also become enlarged.

Second stage. This is characterised by slight fever, eruptions on the skin and ulcers on the back of the throat. The hair sometimes falls off in patches, and there are pains felt at night in the joints and bones of the legs.

Third stage. Tumours often form, permanently destroying the affected parts or the bones and the muscles. The joints become chronically inflamed and the nervous system affected.

TREATMENT—

The specific remedies for syphilis are mercury in some form and potassium iodide. A lotion made by powdering and shaking three 'Tabloid' Calomel, gr. 5, with a quarter of a pint of lime water should be applied to the chancre, and a 'Tabloid' Blue Pill or 'Tabloid' Grey Powder, gr. 3, given three times a day. This treatment should be continued for two months unless the gums and mouth become sore, when it should be stopped. In such cases, 'Hazeline,' diluted with water and used as a mouth wash, will be found very useful. If the second stage appears, the mercury treatment as above should be continued. During the third stage, 'Tabloid' Potassium Iodide, gr. 5, and 'Tabloid' Hydrarg. Perchlor., gr. 1/100, should be given thrice daily. While the patient is taking mercury, no coffee, fruit or aperients should be taken, and all stimulants except an occasional glass of stout should be discontinued. The teeth, gums and back of the throat should be washed daily with diluted 'Hazeline.'

Testicle, Inflammation of the

This may arise from various causes. The symptoms are heat, swelling, great tenderness and pain in the part, feverishness and nausea.

TREATMENT—

Perfect rest in bed is necessary. The patient should lie on his back, the inflamed part being raised by means of a small soft pillow. The bowels should be opened by giving one 'Tabloid' Laxative Vegetable, and the swollen part fomented frequently with a lotion made by dissolving six 'Tabloid' Opium Tincture, min. 10, in half a pint of hot water.

The patient must remain in bed until the inflammation and swelling subside.

Toothache.

Toothache is generally caused by irritation or inflammation of a nerve, which, owing to decay of the tooth, has become exposed.

TREATMENT—

A small crystal of pure Carbolic Acid carefully inserted into the cavity of the tooth, will generally relieve the acute pain. If the face or jaw be swollen, and the tooth feels big and tender, an

abscess at the root is indicated. The face should be well fomented with hot water in which two or three 'Tabloid' Opium Tincture, min. 10, have been dissolved. If the abscess or gumboil appears on the gum, it should be opened with a gum lancet, and the pus allowed to escape. Decayed teeth should be attended to by a dentist as early as possible, or they are always liable to give trouble. If the system has run down, 'Tabloid' Quinine Bisulphate, gr. 2, given thrice daily, will be found of great value.

Typhoid Fever (Enteric Fever).

This disease is often met with in tropical countries, especially in those places where the sanitary arrangements are bad. It is caused by a micro-organism which may be taken into the body through drinking water which has become contaminated with sewage matter, or from sewers into which the discharge of typhoid patients has been introduced. The period of development is from ten to twenty days, and the acute stage lasts for three or four weeks, but the convalescence is often very tedious. The attack begins with a general feeling of langour, aching in the limbs, headache, loss of appetite, and indigestion. The bowels are often constipated at first, but when the fever sets in there is usually diarrhœa. By this time the patient feels unable to go about, and is forced to take to bed. The motions have a characteristic *pea-soup appearance*, and there is some swelling of the abdomen, with pain and tenderness on pressure. A few rose-coloured spots generally appear on the skin about the seventh day, and are soon followed by others. The spots disappear momentarily on pressure with the finger. The temperature rises gradually towards the evening, with a well-marked fall in the morning. In the second week, a cough is usually present. The tongue becomes dry and fissured, and the diarrhœa increases. Delirium comes on if the case is severe. In the third week, the patient is much weaker and must be carefully watched, as dangerous complications may now arise. The intestine may become ulcerated, and hæmorrhage set in. Perforation of the bowel may occur between the twenty-fifth and thirty-second day, attended by fainting and collapse. This usually proves fatal. If the case progresses favourably, the morning fall in temperature is very well marked in the third week, the diarrhœa lessens, the patient sleeps at night, and the appetite returns.

TREATMENT—

Attention to diet and careful nursing are the two important factors in the treatment of typhoid fever. To begin with, all solid food must be stopped, and the patient if possible be put on

an entirely milk diet. From two to four pints may be given in small quantities during the twenty-four hours. One or two raw eggs may be given, beaten up with the milk, occasionally. A little 'Kepler' Malt Extract may be added to the milk at times. Barley water, toast water, or equal parts of milk and soda water may be used as a beverage, but all kinds of broth, such as beef tea and chicken broth, should be withheld. When convalescence has so far advanced as to permit a return to starchy foods, they must be very thoroughly cooked until all the starch granules are broken, and the mass is practically transparent.

If the temperature runs very high, two 'Tabloid' Quinine Hydrochloride, gr. 5, or one to two 'Tabloid' Warburg Tincture may be given with advantage. For sleeplessness, two 'Tabloid' Chloral Hydrate, gr. 5, generally have the desired effect. When the motions exceed four a day, and the quantity is very great, 'Tabloid' Lead with Opium should be occasionally given. If hæmorrhage sets in, 'Tabloid' Ergotin, gr. 2, may be given every hour, for four doses. In urgent cases, two 'Tabloid' Tannin, gr. $2\frac{1}{2}$, may be given midway between the doses of Ergotin. 'Tabloid' Lead with Opium is also useful in this condition.

Ulcers.

When a wound of the skin, from whatever cause, instead of healing, remains open, discharges pus, and presents a surface covered by small points or granulations, an ulcer is said to have become established.

Ulcers are the results of wounds inflicted from without, or of destruction of tissue, due to some local or constitutional ailment originating beneath the skin. The ulcer may be healthy, inflamed, weak, callous, or sloughing. When due to some specific cause, an ulcer is termed varicose, syphilitic, tubercular, cancerous, etc., according to the nature of the local or constitutional disturbance.

TREATMENT—

A healthy ulcer merely requires to be protected to bring about a cure; an inflamed ulcer necessitates the alleviation of the inflammation by rest, and by fomenting with boric lint wrung out of hot water and applied frequently; weak ulcers present a deep excavation, and require stimulating by a dressing of Sulphate of Zinc lotion, or by the surface being blistered by blistering fluid or an ordinary fly blister; callous ulcers are covered by large exuberant granulations which require to be destroyed by caustic before a healthy action can be induced. All ulcers should be washed by an antiseptic lotion, which may be made by dissolving Liquid Carbolic Acid, min. 25, in a quarter of a pint of water, or 'Soloid' Chinosol, gr. 1.75, in four ounces

of water. Instead of continuous water-dressings, a dusting powder of iodoform or boric acid serves well as a change, and promotes healing. All ulcers should be firmly bandaged, even when the patient is confined to bed. To protect the surrounding parts, 'Hazeline' Cream should be freely applied, but ointments should never be applied to the ulcerated surface itself. The general health must also be attended to, and constitutional remedies given if the ulcer is caused by syphilitic or tubercular infection.

Vomiting.

Many ailments are complicated by nausea, and vomiting is merely a symptom, a sign of derangement, and not a disease in itself. It ushers in most illnesses, but it may arise from disease of the stomach itself, from biliousness, or from obstruction in the intestine, as in strangulated hernia. At times it serves a useful end, as in cases of poisoning.

TREATMENT—

The cause of the ailment by which vomiting is accompanied should be enquired into, and if possible removed. When vomiting is violent and threatens to weaken the patient either by the retching or by the fact that food cannot be absorbed in the stomach, it is necessary to arrest or to diminish it. For this purpose, a mustard plaster over the pit of the stomach is useful; sucking ice or drinking cool effervescent fluids also helps to alleviate some forms of vomiting. 'Tabloid' Bismuth Carbonate allays irritability of the stomach by acting as a sedative. It may be necessary to withhold giving any food or fluid by the mouth, and to sustain the strength by nutritive enemata.

Worms.

The ova of these parasites reach the tissues and bowels by means of imperfectly cooked food or impure drinking water. There they develop into mature worms, and give rise to various intestinal disorders, such as flatulence, griping pains, and diarrhœa, or alternating constipation and diarrhœa. They may be roughly divided into three groups.

1. *Thread Worms.* These are always found in the lower part of the bowel (rectum), and occur usually in children. In appearance, these worms resemble little white threads, about half-an-inch in length, and they may easily be detected in the motions. Their presence may be judged from the itching sensation which they produce.

TREATMENT—

An injection of salt and water is generally sufficient to destroy them. If not, one to two 'Tabloid' Santonin, gr. ½, should be given to the child at bed-time, and followed in the morning by a dose of castor oil, or by two 'Tabloid' Jalap.

2. *Round Worms.* These worms are frequently met with in the excrement of dwellers in every region of the tropics. Young and old, native and European, are alike liable to be afflicted with these parasites. The symptoms caused by these worms vary from slight derangement to severe attacks of colic, with blood and mucus in the stools, as is the case in dysentery. The worms measure some six to twelve inches in length, and are about the thickness of a goose quill. The round worms may exist by scores in the intestine, and are not infrequently vomited.

TREATMENT—

For a child of, say, five years of age, give first a purge of castor oil, and then one 'Tabloid' Santonin, gr. 2, morning and evening, until three have been given; afterwards give a dose of castor oil. Repeat the same process until six 'Tabloid' Santonin in all have been given, and again administer castor oil. For an adult, give three or four grains of santonin at a dose.

3. *Tape Worms.* These usually occur singly, and are sometimes many feet in length.

TREATMENT—

One of the best remedies for them is oil of male fern, of which half a teaspoonful should be given, well mixed with milk or yolk of egg. The bowels should first be cleared by giving two 'Tabloid' Cathartic Compound.

The male fern draught should be followed in about eight hours by a full dose of castor oil. The motions should be examined to see that the head and neck of the worm have been expelled, otherwise it may develop again in a few months.

Yellow Fever.

This is an infectious fever mostly met with in the West Indies and some parts of South America. From the jaundice which generally accompanies it, the entire skin of the body becomes yellow. It generally commences suddenly, with shivering followed by fever. The bowels are constipated, there is much headache, vomiting, tenderness at the pit of the stomach, and pains in the back and limbs. On the third or fourth day, if these symptoms subside, the patient begins to recover. The vomited matter in severe cases is mixed with blood. It is a peculiarity of the disease, that after it has been once contracted the patient is immune from a second attack.

TREATMENT—

The latest belief concerning yellow fever is that it is carried by mosquitoes, and that it has to be fought in much the same way as malaria is now being dealt with. Parts of Cuba, a hot-bed of the disease, have recently been freed from yellow fever by preventing inoculation of the inhabitants by mosquitoes.

The treatment ordinarily recommended consists of three 'Tabloid' Calomel, gr. 5, followed in one hour by three 'Tabloid' Jalap. Afterwards, 'Tabloid' Salol will be found of value. Dr. Anderson recommends four 'Tabloid' Calomel, gr. 5, and four 'Tabloid' Quinine Bisulphate, gr. 5, to be given for a dose, and repeated if necessary three times, at intervals of a few hours. The strength should be supported by a light and nutritious liquid diet, with small quantities of stimulants. When the patient is convalescent, 'Tabloid' Tonic Compound should be given thrice daily.

FIRST AID IN MINOR ACCIDENTS AND EMERGENCIES.

Abrasions.

Abrasions are generally caused by a fall, or by contact with some rough object which scrapes and lacerates the skin. They usually occur over a joint, which soon becomes sore and painful.

TREATMENT—

Bathe the part gently with warm water, and wash it free from dirt or grit; then apply 'Hazeline' Cream spread on a piece of lint, and secure by a bandage. The limb should be kept at rest by a splint until such time as all signs and symptoms of irritation and inflammation around the joint have subsided.

Bruises.

The discoloration of the skin which usually follows a blow or a squeeze, is due to the rupture of blood vessels, with the consequent effusion of blood in the tissues under the surface. The skin in such cases is unbroken.

TREATMENT—

Add a dessertspoonful of 'Hazeline' to half a tumblerful of cold water, and apply to the part a pad of lint soaked in the liquid. If there be much swelling, dissolve one 'Soloid' Lead Subacetate in a quarter of a pint of soft water, and repeatedly apply the solution on lint.

Burns and Scalds.

A burn is caused by dry heat, as when a flame or piece of hot metal comes in contact with the skin. A scald is due to moist heat, and is generally the result of boiling water or other hot liquid falling upon the skin.

TREATMENT—

In burns and scalds the main object is to exclude the air as quickly and completely as possible from the injured part. The remedy should be applied promptly. Bicarbonate of soda mixed into a soft paste with cold water may be quickly smeared over the part. It should be allowed to remain on until the pain stops, then washed off, by pouring cold water over it. A piece of lint soaked in sweet, rape, or linseed oil, or, better still, in a mixture of equal parts of linseed oil and lime water shaken together (carron oil), forms a good dressing. If blisters rise, they may be punctured at the dependent parts, so as to save the upraised cuticle, and dressed with 'Hazeline' Cream till the skin heals.

In more serious cases of burns on the body, the best first-aid that can be given is to cover the part as quickly as possible with cotton wool, or to powder it thickly with flour or starch, till medical aid can be procured.

Burns caused by some strong mineral acid coming in contact with the skin, should be treated with a solution of common soda, which may be applied freely to the injured part.

Dislocations.

A dislocation is a displacement of the bones forming a joint. It most frequently occurs at the shoulder or the elbow. Dislocations in the lower extremities without fracture are rare. A dislocation may be recognised by a deformity occurring at a joint, by the swelling and pain at the joint and by the immobility.

TREATMENT —

If at some distance from surgical aid, in dislocation of the shoulder or the elbow, tie the arm to the side, or maintain it by a sling in whatever position is least painful to the patient. As soon as possible send for a doctor, meantime removing the clothing; rest the limb on a pillow or cushion in whatever position is least painful. Apply cold or hot fomentations to the joint whichever affords greater relief.

Drowning.

In cases of apparent drowning, prompt action is extremely important. Draw the tongue forward before the patient is placed on his back, then remove all clothing from the neck and chest. This being done, turn him on his chest with one arm bent underneath the forehead, so that any water may escape from the mouth, and cleanse the mouth and nostrils with a handkerchief. Artificial respiration after Sylvester's method should be resorted to at once, as follows :—

Lay the person on his back. Place a small firm cushion, or folded article of dress, under the shoulder blades. Draw the tongue forward, and keep it projecting beyond the lips ; a piece of tape may be tied firmly round tongue and jaw to retain the tongue in that position. Kneeling at the patient's head, grasp the arms just above the elbows, draw them gently and steadily upwards above the head, and keep them in that position for two seconds—by this means air is drawn into the lungs. Next turn down the patient's arms, and press them gently and firmly against the side of the chest, the air being thus expelled from the lungs. Repeat this process alternately and deliberately about fifteen times a minute, until a spontaneous movement to respire is noticed, then cease the movement and proceed to restore circulation by rubbing the limbs upwards towards the heart, and apply dry clothing and hot bottles to the body and limbs.

It is necessary in some cases to persevere with artificial respiration for an hour or two. When consciousness returns, give a little hot soup, or beef tea, followed by a small quantity of stimulant, and let the patient remain quiet.

Fractures.

Fractures or broken bones may be divided into the following classes—those in which the skin is unbroken, and those in which the skin is broken. Of the former, the fracture is said to be (1) Simple, when the bone is merely broken in two; (2) Comminuted, when the bone is smashed into a number of pieces; (3) Complicated, when the ends of the bone have torn an artery, vein, nerve, or organ of the body. The fracture is Compound, when the skin is torn and the ends of the broken bone come in contact with the air. By Greenstick Fracture is meant a form of fracture, frequently occurring in children, in which the bone is merely bent and cracked.

Signs and Symptoms—

When a bone such as the shaft of the thigh-bone is broken, the signs and symptoms are :—

(1) Unnatural position of the limb below the seat of fracture.
(2) Shortening to the extent of one, two, or three inches.
(3) Immobility of the limb on the part of the patient.
(4) Pain.
(5) Swelling.
(6) Irregularity of shape at the seat of fracture.
(7) Crepitation, or bony grating, when the ends of the broken bone rub one against the other.

Treatment—

The first aid to be rendered in a case of a simple fracture is to try to prevent it being converted into a complicated or compound fracture. Careless movement is the chief cause of such a contingency. The broken limb should at once be fixed by splints or by bandages, or by both, before the patient is moved to a place of shelter; from this rule there should be no departure. A splint may be improvised from any substance of sufficient stiffness to keep the part rigid, it should be long enough to extend beyond the joints at either end of the broken bone, and it may consist of a piece of wood, broom-handle, rifle, rolled-up map, walking stick, policeman's truncheon, sword, scabbard or bayonet in its sheath, folded paper or book, or any substance to hand that fulfils the requirements of length and stiffness according to the bone which happens to be injured.

FRACTURE OF THE SKULL.—Fracture of the vault of the cranium, in the region of the temples, the back or front of the head, is generally associated with a scalp wound where the fractured

bone may be seen or felt. Fracture of the base of the skull is generally indicated by hæmorrhage from one or both ears, from the nose, or mouth. In almost every case there will be signs and symptoms of concussion, and, if the bone is depressed, there may be pressure upon the brain.

TREATMENT—

Arrest hæmorrhage from the vault by pressure, lay the patient down with head somewhat raised, undo the tight clothing round neck and chest, and apply cold water-dressings or an ice bag to the head. Give no stimulant nor anything by the mouth if the patient is unconscious.

FRACTURE OF THE LOWER JAW.—Pass a folded handkerchief beneath the lower jaw, carry the ends to the top of the head, and tie this bandage sufficiently tight to keep the lower jaw pressed firmly against the upper.

FRACTURE OF THE COLLAR BONE.—When the collar bone is broken the shoulder will drop, the crack in the bone may be felt, the deformity may be seen, and the arm will be useless.

TREATMENT—

Place a pad the size of a Bath bun in the arm-pit; support the arm, especially at the elbow, by a sling passed over the uninjured shoulder, and bind it to the side by a bandage carried round the body and just above the elbow.

FRACTURE OF THE UPPER ARM-BONE.—In a case of fracture of the humerus, bend the forearm at right angles to the arm; place splints back and front, inside and outside the arm from shoulder to elbow, and support the forearm by a narrow arm sling.

FRACTURE OF FOREARM.—When either one or both bones are broken, bend the forearm at right angles to the arm, place a splint on the inside and one on the outside from elbow to fingers, and support it by a wide sling.

FRACTURED FINGER.—Place a splint along the front of the injured finger and bind it in place; if several fingers are broken, straighten the fingers and lay them on a splint broad enough to support the whole hand.

BROKEN BACK.—When the spine is broken, all attempts at movement should be restrained, the patient should be lifted carefully upon a sheet or shawl, and carried on a shutter or stretcher without jolting. The danger of a broken back is, that, should the spinal cord be torn, the parts below the seat of injury will be paralysed.

FRACTURED PELVIS.—When a haunch bone is broken, there is great danger of the bladder being injured. If the bladder is torn, blood may escape with the urine, or urine may escape into the cavity of the pelvis and cause fatal inflammation. The patient will also have lost the power of walking or standing. Great care must be exercised in lifting and moving the patient; it is a good plan to bind a piece of cloth right round the body at the seat of injury, and a litter should be used to convey him to where skilled attention is available.

FRACTURED THIGH.—When the femur is broken, the foot and limb require to be steadied. Take hold of the foot, gently place it alongside its fellow, at the same time exerting a slight pulling force. A splint long enough to reach from the armpit to beyond the boot, must be placed on the outside of the injured limb. A broom handle, rifle, rolled-up map, etc., may serve as a splint. The splint is secured in several places by bandages round the body and round the injured limb; a shorter splint, flat if possible, should be similarly applied on the inner side of the limb, and finally the two limbs are to be firmly bound together. Never place a bandage over the seat of fracture in a limb, but have bandages immediately above and below.

FRACTURED KNEE-CAP.—A fracture of the patella renders the limb useless, and the crack in the bone may be felt by the finger. Apply a splint down the back of the injured limb from the hip to the heel, secure the limb to the splint by bandages, and raise the heel a foot or two off the ground, so as to keep the muscles relaxed, and allow of the ends of the bone coming together.

FRACTURED LEG.—When one or both bones of the leg are broken, bring the foot as nearly as possible into the natural position; place splints (walking sticks, umbrellas, etc.), one on the outside and one on the inside of the injured limb, reaching from above the knee to beyond the foot, and secure by bandages. Finally tie the two legs together.

Poisoning.

The broad rules to be followed in cases of poisoning when the nature of the poison is unknown are as follows:—

I. Give at once a tumblerful of milk, or a raw egg or two beaten up with milk or water, or a tablespoonful or two of salad oil, or a cup of strong tea; whichever is most readily obtainable.

II. An emetic is to be given before or after any of the above remedies, provided the lips are not stained or burned, as is the case if the mischief is due to an acid, alkali, or other corrosive agent.

III. If the patient seems sleepy and drowsy, it is probably opium that is the poison. He must therefore be kept awake at all costs.

IV. If, on the other hand, delirium threatens or develops, dash cold water on the patient's head and face, and try to prevent the fit coming on.

EMETICS.—A tablespoonful of mustard, or two tablespoonfuls of salt, in a tumblerful of lukewarm water, repeated if necessary. Three 'Soloid' Zinc Sulphate, gr. 10, or six 'Tabloid' Ipecacuanha, gr. 5, powdered and dissolved, or mixed in half a tumblerful of tepid water, may be given after or instead of the salt or mustard.

METALLIC POISONS such as arsenic, antimony (butter of antimony), lead (sugar of lead), copper (verdigris), etc.

(1) promote vomiting by giving an emetic; (2) give milk, eggs, oils or strong tea; (3) send to the doctor for an antidote, naming the nature of the poison if it is known.

In Phosphorus poisoning all the above remedies are useful except "oil"; *oil should not be given in phosphorus poisoning.*

ACID POISONS.—Sulphuric acid (oil of vitriol), nitric acid (aqua fortis), hydrochloric acid (spirit of salt), oxalic acid (also salt of sorrel or salt of lemons), and carbolic acid are the more common poisonous acids of commerce. *Do not give an emetic when the lips, mouth, throat and stomach are charred, as in acid poisoning.*

In cases of sulphuric acid, nitric acid, or hydrochloric acid poisoning, give:—

(1) fluid magnesia, or lime water, or chalk, whitening or a piece of wall-plaster broken up in water, or bicarbonate of soda (baking soda) or washing soda in water.

(2) If none of these is at hand, milk, or oil, or tea will do good.

In cases of oxalic acid poisoning, give:—

(1) lime water, or chalk, whitening or wall-plaster broken up in water.

(2) a full dose of castor oil afterwards.

ALKALINE POISONS.—Caustic potash or soda, and ammonia are the commoner of the alkaline poisons. *Do not give an emetic.*

(1) give sips of vinegar diluted with water, 'Tabloid' Citric Acid dissolved in water, or lemon or lime juice and water.

(2) If none of these is at hand, milk, oil, white of egg, or tea will do good.

OPIUM POISONING.—Opium, poppy heads, morphine, laudanum, codeine, chlorodyne and a number of soothing cordials belong to the class of narcotics. The patient exhibits a great tendency to sleep and to unconsciousness resulting in coma; the pupils contract to minute dimensions (pin-point pupils).

(1) Give an emetic; (2) keep patient awake by walking him about, flipping with wet towel and administering hot coffee.

POISONOUS FOODS, ETC., such as decomposed tinned foods, meat or fish.

(1) give an emetic; (2) give two 'Tabloid' Cathartic Compound followed by hot tea. If collapse threatens, give brandy or whisky with water.

Stings or Bites of Venomous Insects, etc.

Much annoyance is experienced in tropical countries by the stings and bites of venomous insects such as wasps, scorpions, spiders, etc. Stings from *bees or wasps* should at once be wiped with strong solution of ammonia,* which gives relief immediately it comes in contact with the irritant. If ammonia is not at hand, carbonate of soda (washing soda), moistened chalk or whitening, spirits of wine, whisky, eau de cologne, or even wet earth should be applied to the part. If the part swells, apply lint dipped in a solution of 'Soloid' Lead Subacetate, gr. 10, in a quarter of a pint of water.

SCORPION BITES.—Ammonia* or solution of carbolic acid (a teaspoonful in a tumblerful of water) should be applied. Honey gently and freely spread over the part has been found to give speedy relief. The black, red and white species of scorpions are more common, and in the summer are intensely virulent. If the above applications are not at hand, the immediate binding of a tight ligature above the part, and suction of the wound, are the best steps to take.

MOSQUITO BITES are relieved by the application of menthol or oil of peppermint. For the bites of *spiders*, a solution of carbolic acid (a teaspoonful in a tumblerful of water) should be applied to the part.

SNAKE BITES.—The bite of a venomous snake can always be recognised by the two circular punctures made by the poisoned fangs.

The first thing to do is to apply a tight ligature above the seat of the bite, so as completely to stop the circulation. *It is imperative that this should be done immediately.* If possible, suck the wound vigorously for a minute or two, ejecting the blood and saliva from the mouth, and washing the mouth out afterwards. The bitten part must next be incised freely to encourage the bleeding, and the tissues destroyed by the application of pure carbolic acid or by caustic potash. For internal treatment, the injection of 'Tabloid' Hypodermic Strychnine Nitrate, gr. $\frac{1}{15}$, into the left arm, with or without the addition of 'Tabloid' Hypodermic Pilocarpine Nitrate, gr. $\frac{1}{10}$,

* See 'Tabloid' Ammonium Carbonate (Appendix).

has given excellent results. As stimulants, sal volatile, or 'Tabloid' Ammonium Carbonate, one to two dissolved in a large wineglassful of water, or two tablespoonfuls of brandy may be given every half hour.

More recently, treatment by anti-venom serum has met with very encouraging results. So far it has been reported to be active against all species of snake-poison on which it has been tried. The wound should be washed with a solution of 1 ounce of chloride of lime in 3 pints of boiled water. The dose of the Anti-Venom Serum should then be injected into the flank under ordinary antiseptic precautions. Neither alcohol nor ammonia should be administered afterwards.

DOG BITES.—Proceed to treat the wound whether the dog is rabid or not. If the finger is bitten:—

(1) Compress the injured finger above the wound at once, so as to stop the circulation of blood; this is accomplished by grasping the finger at the root with the other hand.

(2) As soon as possible, apply a ligature round the root of the finger.

(3) Wash the wound.

(4) Suck the wound.

(5) Apply a caustic to the wound, such as pure carbolic acid, caustic potash, lunar caustic, etc., taking care that the acid or potash reaches the bottom of the wound.

Bites on other parts of the body should be treated as far as possible on the same lines.

Sprains.

A sprain is generally caused by a sudden wrench or twist, which violently stretches the ligaments that are round the joints.

If the ankle is sprained, and the patient is at some distance from home, do not remove the boot or shoe, but fix a bandage or strap round the foot and ankle very tightly, wetting the bandage after or before application. On reaching home, remove the stocking and shoe, and apply cold water-dressings so long as they give comfort, afterwards apply hot fomentations. 'Hazeline' added to the cold water tends to alleviate swelling and pain; or for the same purpose two or three 'Soloid' Lead and Opium Lotion may be dissolved in the water.

Wounds and the Arrest of Bleeding.

CONTUSED WOUNDS may be caused by blows with a blunt weapon, such as a stick or stone.

INCISED WOUNDS are such as are made by a sharp instrument, knife, scythe, sword, etc.

LACERATED WOUNDS are such as those caused by the teeth or claws of an animal, or when a portion of a limb or skin is torn off by machinery, etc.

PUNCTURED WOUNDS are such as those caused by stabs with a knife or dagger.

The first aid to be rendered in the case of a wound is to arrest hæmorrhage if it occurs. Blood issuing from a wound may be arterial, venous or capillary. Arterial hæmorrhage is recognised by the fact that (1) the blood is scarlet in colour, (2) the blood issues from the end of the vessel nearer the heart, and (3) the blood escapes in jets corresponding with the pulsations of the heart.

TREATMENT—

(1) Arrest hæmorrhage at once by placing the thumb on the bleeding spot.

(2) Place a pad on the bleeding spot, and bandage firmly in position.

(3) If these procedures are insufficient, apply pressure higher up the limb on the trunk of the artery. This may be done in the case of a wound in the fore-arm by placing a pad (such as a tightly folded handkerchief) on the front of the elbow, bending the forearm on the arm, and tying it in that position; or, for a wound below the knee, by placing a pad (a hard pad as large as a tennis ball) behind the knee, and bending the leg on the thigh until the heel almost touches the hips, securing it in that position by a bandage. When the wound is higher than the elbow or knee, place a hard pad on the trunk of the artery on the inner side of the arm or thigh, about half way up; tie a folded handkerchief or scarf round the pad and limb, slip a key through the knot (thus improvising a tourniquet) and twist the bandage tightly until the hæmorrhage ceases. When an artery in the neck is wounded, place the thumb on the trunk of the carotid artery below the wound, and press straight backwards against the backbone. The right and left common carotid arteries lie on the right and left sides of the windpipe respectively.

On the scalp, arterial hæmorrhage may be arrested by a pad and bandage.

CAPILLARY BLEEDING.

This comes from the minute vessels circulating in all parts of the body, and is recognised by the facts that (1) the blood is red in colour; (2) it issues from all points of the cut surface; and (3) it flows in a brisk stream. Treatment consists in applying pressure by the thumb, a pad and bandage, or a piece of tightly bound strapping-plaster on the wound.

INTERNAL BLEEDING.

When blood escapes in quantity into the cavity of the chest or abdomen as the result of accident or disease, the patient becomes pale, his pulse fails, he calls for air, clutches at the throat and at the clothing round neck and chest, sighs, yawns, and is very restless.

TREATMENT—

Lay the patient flat, with the head low; undo all tight clothing round neck and chest, and allow of free circulation of air; give ice to suck, apply an ice bag over the injured spot, raise the limbs, stroking them in a direction upwards towards the heart, and if need be, bandage the limbs firmly.

'Hazeline,' administered in doses of one to three teaspoonfuls is valuable in all cases of internal bleeding.

VENOUS BLEEDING.

Bleeding from a vein is recognised when (1) the blood is dark blue in colour; (2) the blood issues from the end of the cut vessel further from the heart; and (3) the blood stream is rather sluggish.

TREATMENT—

(1) Place the thumb on the bleeding point; (2) replace the thumb by a pad and bandage; (3) if bleeding does not completely cease, tie a bandage firmly round the limb *below* the wound. When a *varicose vein* bleeds, in addition to the above means of arresting hæmorrhage, tie a bandage tightly round the limb above the wound as well; this is necessary as blood issues from both ends of a wounded varicose vein.

When venous hæmorrhage issues from the *jugular* vein, apply pressure by the thumb directly on the bleeding point.

BLEEDING FROM THE KIDNEY, or urinary tract, is recognised by the presence of blood in the urine.

BLEEDING FROM THE LUNGS.

Hæmorrhage from the lung is recognised by (1) the blood being coughed up in mouthfuls; (2) it is red; and (3) it has a frothy appearance.

TREATMENT—

Loosen the clothing, provide for a free circulation of air, give ice to suck, and apply an ice bag over the seat of injury if a wound of the lung (as from a broken rib) has occurred.

One to three teaspoonfuls of 'Hazeline' in water will be found of great service.

In serious cases, 'Tabloid' Ergotin, gr. 3, may be useful, or, if this fail, a hypodermic injection of 'Tabloid' Hypodermic Ergotinine Citrate, gr. $\frac{1}{100}$, may arrest the flow.

BLEEDING FROM THE STOMACH.

Blood issuing from the stomach is known by being (1) vomited; and (2) by its black-coffee-grounds appearance.

TREATMENT—

As for hæmorrhage from the lung, the ice bag being applied over the stomach.

GUNSHOT WOUNDS.—When the surface of the body is peppered with small shot, wash the wounded surface with warm boric lotion, made by powdering and dissolving 'Soloid' Boric Acid, gr. 15, two in half a teacupful of warm water, and wrap the whole part in towels or flannels wrung out of hot water. Keep up the fomentations so long as any pain or inflamed appearance remains round the shot wounds.

BULLET WOUNDS are to be treated as punctured wounds. (*See above*).

TO DRESS WOUNDS.—Cleanse the wound with a lotion of boric acid made by powdering and dissolving 'Soloid' Boric Acid, gr. 15, two in half a teacupful of warm water. When possible, draw the edges of the wound together, and strap them across with strips of adhesive plaster, leaving a small space between each strip. Cover with boric lint or boric wool, and bandage fairly tightly. Never probe a *punctured* wound, but after cleansing it with boric lotion, and removing any sand, glass, cloth fibres, etc., that may be on the mouth of the wound, cover it over with pledgets of boric wool, and bandage lightly.

INFECTIOUS DISEASES.

Disease.	Incubation Period.	Days of the illness on which the eruption		Period of Quarantine required after the *latest* exposure to infection.	Period of Isolation required after suffering from the disease.
		Appears.	Begins to fade.		
Chicken Pox	10 to 16 days.	1st day and 3 following days.	About 4th day.	20 days.	Until every scab has fallen off.
Diphtheria	2 to 10 days.			12 days.	4 weeks, provided no discharges and no albumin, and bacteriological examination be negative.
German Measles (Roetheln)	7 to 18 days, or even longer.	2nd to 4th day.	4th to 7th day.	20 days.	For not less than 10 days from date of rash.
Measles	10 to 14 days.	4th day. The patient is highly infectious for 2 days before the rash appears.	5th to 7th day.	16 days.	For not less than 2 weeks from appearance of the rash.
Scarlet Fever	1 to 8 days, usually 3 to 5 days.	2nd day.	5th day.	10 days.	6 weeks, or so soon after as desquamation and sore throat and albuminuria disappear.
Small Pox	12 to 14 days.	3rd or 4th day.	9th or 10th day.	16 days.	Until every scab has disappeared.
Typhoid Fever	7 to 21 days, usually 10 to 14 days.	8th or 9th day.	21st day.		
Typhus	5 to 14 days, very variable.	5th day.	14th day.	14 days.	4 weeks.
Plague	3 to 8 days usually.			10 days.	4 weeks.

SIMPLE MEDICAL APPLIANCES AND HOW TO USE THEM.

Bandages.

Bandages are generally applied to give support to a limb or other part of the body, to prevent muscular action, and to retain splints or dressings in position. There are two varieties commonly employed, viz.:—the roller, and the triangular or handkerchief bandage. To apply a bandage properly requires some practice and skill.

THE ROLLER BANDAGE may be made of calico, flannel, gauze, stockingnet, or rubber, to suit the case for which it is required. The width may vary from half an inch to six inches or more, according to the use to which it is to be put. For the fingers, a width of from half to one inch is needed; for the arm two to three inches; for the leg, three to four inches; and for the chest, six inches or more.

When applying the roller bandage, always commence from below, or from the extremity of the limb, and work upwards. Unroll from within outwards, taking care to make every turn smooth, and to avoid all wrinkles. There are various methods of applying the roller bandage, of which the principal are as follows:—

First.—The spiral, which should be used when the limb is of uniform thickness, or when it increases gradually in girth. Commence by making one or two turns to secure the end, then wind upwards, each turn overlapping the preceding by about two-thirds of its width.

Second.—The reverse spiral, which should be employed when the limb rapidly increases in girth. It is effected by turning the bandage back upon itself each time it is carried round the limb, and so on, upwards, in order to prevent the folds slipping.

Third.—The figure 8 method, which is used to carry the bandage round a joint. Begin by placing the bandage over the upper part of the joint, then draw it under and across the lower part, then across the upper part again so as to form the figure 8, the one loop coming above, and the other below, the joint, the cross being over the centre of the joint.

When a bandage has been removed, it should always be re-rolled firmly before being used again.

Of all roller bandages, by far the most convenient for travellers and those in remote parts of the world are 'Tabloid' Bandages. They are compressed, and thus occupy far less space than any others.

THE TRIANGULAR BANDAGE is simply a piece of calico cut in triangular form. A large-sized handkerchief folded corner to corner will answer the purpose. This form of bandage is generally used to retain some flat dressing on a portion of the body, to support the jaw in cases of dislocation, to act as a sling, or to retain improvised splints.

Catheter.

The catheter is an instrument for drawing off the urine when the patient is unable to pass it naturally, as sometimes happens after accidents or spasmodic stricture. Catheters are made of various sizes, the more useful being Nos. 2, 4 and 8. Before use, the wire should be withdrawn from the catheter, and the latter warmed in *tepid* water and then dried and oiled. The patient should lie on his back with the head and shoulders raised, the knees bent and separated. Grasp the end of the penis with the finger and thumb of the left hand and gently insert the point of the catheter into the orifice of the urinary passage, press steadily on, and the instrument, in the absence of permanent stricture, will pass into the bladder and the urine will probably flow. The passage is about eight or nine inches long, and if, when the instrument has been passed so far, urine should not flow, the catheter should be withdrawn for about an inch.

Clinical Thermometer.

This little instrument gives valuable indications of the severity or otherwise of attacks of fever, and affords useful information as to the bodily temperature prior to or during other diseases. The scale of the average clinical thermometer is graduated from 95° F. to 110° F. The average normal temperature of the body is 98.4° F., and in a state of health the variation from this point is very little, rarely exceeding 1.5° F. If the temperature registered by the instrument is above 100° F. (and not due to local inflammation), the patient is in a feverish condition. If between 100° F. and 101° F., the fever is slight. Above 105° F. the fever is dangerous.

Before using the instrument, it is necessary to bring the mercury below normal point. This may be done by grasping the thermometer in the fingers of the right hand, and giving it a few sharp shakes downwards, until the mercury has descended to about 95° F. The temperature in adults is usually taken in the armpit, the patient being in the recumbent position, but it may be taken in the mouth, groin or rectum. When taking it in the arm-pit, place the instrument well into the hollow freed from clothing, the mercurial end first, and, in order to keep it in position, let the arm be kept close to the body. Allow it to remain in contact with the body for four or five minutes, and when taken away, the temperature may be read. When taking

the temperature by the mouth, the mercurial end of the instrument should be placed under the tongue. The patient must keep the mouth shut, and breathe through the nose whilst the temperature is being taken.

After using, always wash the instrument carefully in cold water, and replace it in its case.

Enemas.

The introduction of a liquid into the lower bowel by injection, is termed an enema. An enema is administered when an immediate evacuation of the bowel is necessary, or as a means of giving nourishment when food cannot be swallowed in the ordinary way (nutritive enema).

The syringes used for giving such injections, are either the ordinary pear-shaped rubber variety with a bone nozzle, holding from two to eight ounces, or the Higginson or continuous syringe, which is commonly in use. The former is more useful when giving a nutrient enema, or for administering an injection to a child.

Before introducing the nozzle into the anus, it should be smeared with 'Hazeline' Cream or other lubricant, and then gently and slowly inserted with a slight twisting motion for about an inch. Never force it into the passage.

For promoting an evacuation or for washing out the bowel, about a pint of warm water in which a little good soap has been dissolved, or to which a tablespoonful of olive or castor oil has been added, is all that is necessary. For an infant, two tablespoonfuls of water will be sufficient, or for a child over four years of age, about half a teacupful.

In some cases of diarrhœa a starch and opium enema is beneficial. For an adult this may be prepared as follows :— well mix two tablespoonfuls of starch with half a pint of warm water in which three 'Tabloid' Opium Tincture, min. 10, have been dissolved, and inject by means of the syringe. A good nutrient enema may be made by beating up two eggs and mixing with four ounces of beef tea, four ounces of port wine or two ounces of brandy, and a pint of water previously thickened with a little arrowroot.

The best method of administering nutriment by the rectum, is through the medium of the 'Enule' Rectal Suppositories (B. W. & Co.). Nutrient suppositories of predigested meat, and predigested milk, are issued as 'Enule' Products for children and for adults. 'Enule' Meat, children's size, contains gr. 8½ of concentrated peptone from choice lean beef. The adults' size contains gr. 15 of concentrated peptone. 'Enule' Milk, children's size, contains gr. 10 of concentrated peptone from new milk, and the adults' size contains gr. 18 of peptone. After removing the protective sheath of tinfoil, the 'Enule'

suppository simply requires insertion into the rectum, where it is retained until dissolved by the heat of the body.

Hypodermic Syringe.

The hypodermic syringe is employed for injecting under the skin solutions of certain powerful drugs such as morphine, cocaine, etc. The best and safest method of preparing such injections is by means of the 'Tabloid' Hypodermic products which are now almost universally used.

Syringes for hypodermic use must be accurately made and capable of being easily rendered aseptic. The B. W. & Co. Patent Hypodermic Syringe is a simple, well-made instrument, all the parts of which are instantly detachable and easily kept clean. It is specially adapted for use with 'Tabloid' Hypodermic Products. One or more can be dropped into the barrel and there dissolved in the necessary quantity of water. Hypodermic solutions are usually injected into the outer side of the middle of the arm, the outside of the thigh, or the hips. The skin should be grasped firmly between the left fore-finger and thumb, pinching it slightly, and the needle introduced with a slight rotary motion under the skin, parallel with the surface, for about half an inch. Press the knob on the piston rod, and as soon as the contents have been injected place the forefinger over the pierced spot and gently withdraw the needle. The syringe should always be cleansed with warm water and some antiseptic fluid before and after use.

Poultices, and their preparation.

Poultices may be made of linseed meal, oatmeal, brown bread, bran, starch or native flour. To prepare a linseed poultice, take a clean warm bowl and pour into it as much boiling water as may be required, then take a handful of the crushed seeds, and add it gradually to the water, stirring vigorously till the whole forms a soft paste. Then quickly spread it on a piece of calico or linen, and apply it to the part. After poulticing, especially if it is on the body, it is well to place a piece of medicated wool over the part for a while.

In making a bread poultice, the bread crumb should be boiled for a few minutes with the water, then after the water has been drained off, spread the mass on calico.

A mustard poultice is made by mixing a tablespoonful or more of ordinary mustard with tepid water into a thick paste, and spreading the same on a piece of calico. Cover the surface with muslin, apply to the part for 15 or 20 minutes, or less if very painful. On removal, sponge the skin gently with warm water.

Should there be discharge from a wound that is being poulticed, it is well to powder one or two 'Soloid' Boric Acid, gr. 15, and sprinkle over the surface of the poultice before application.

A poultice requires to be changed every three or four hours.

APPENDIX.

Aconite Tincture, 'Tabloid' Brand, min. 5 (0.296 c.c.). [B. W. & Co.]

Diaphoretic and sedative. *Use with caution.* One may be taken to reduce the temperature in fevers or to relieve pain in neuralgia.

Aloin Compound, 'Tabloid' Brand. [B. W. & Co.] (*Anti-constipation*).

Aloin	...	gr. 1/5 (0.013 gm.)
Strychnine Sulphate	...	gr. 1/60 (0.0108 gm.)
Belladonna Extract ...	...	gr. 1/8 (0.008 gm.)
Powdered Ipecacuanha	...	gr. 1/16 (0.004 gm.)

One to two after food, or one to three at bedtime.

Ammonium Bromide, 'Tabloid' Brand, gr. 5 (0.324 gm.). [B. W. & Co.]

Nerve sedative. One or two dissolved in a wineglassful of water, three times a day, in hysteria, headache, or neuralgia. As a sedative, four at bedtime.

Ammonium Carbonate, 'Tabloid' Brand, gr. 3 (0.194 gm.). [B. W. & Co.]

May be used in place of Sal Volatile or of Liquid Ammonia. One dissolved in a wineglassful of spirit and water, may be taken as a stimulant in fainting, headache, etc., or a solution of four in half an ounce of water may be injected into the bites of venomous serpents, or used as a lotion for stings of insects.

Ammonium Chloride, 'Tabloid' Brand, gr. 3 (0.194 gm.). [B. W. & Co.]

Stimulant to mucous membranes, etc. In throat affections one may be slowly dissolved in the mouth occasionally. In hepatic disorders, one to four may be dissolved in a wineglassful of water and the solution taken as a draught.

Extensively used in cases of sore throat, and bronchitis attended with abundant secretion of thick and tough mucus or phlegm.

Amyl Nitrite, 'Vaporole' Brand. [B. W. & Co.]

Restorative. *Use with caution.* The delicate glass capsule (surrounded by cotton and silk) should be crushed and held in the palm of the hand. The vapour of the contents should be inhaled by the nose in fainting from exhaustion, shock, sunstroke, etc., or in cases of apparent drowning.

Antipyrine, 'Tabloid' Brand, gr. 5 (0.324 gm.). [B. W. & Co.]

Febrifuge. *Use with caution.* To reduce fever, two or three may be given and the dose repeated after three hours. Its use should not be continued, nor the dose increased without the consent of the physician. The patient should be kept well wrapped up in blankets and not exposed to draughts. It is used with benefit in doses of two in neuralgia and headache of a nervous origin. The 'Tabloid' Products may be readily swallowed with a little water.

Aromatic Chalk Powder with Opium, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]
(Pulv. Cretæ Aromat. cum Opio.)

Anodyne, astringent. *Use with caution.* In painful or persistent diarrhœa, dysentery, or cholera, one to eight may be swallowed with, or powdered and taken in a little water for a single administration; the dose to be regulated according to the nature and severity of the case.

Arsenious Acid, 'Tabloid' Brand, gr. 1/50 (0.0013 gm.). [℠ B. W. & Co.]

Nerve tonic and antiperiodic. *Use with caution.* One or two twice a day, with a little water, after food, in malarial fevers, and as an alterative in skin diseases.

Beef Juice, the Perfected Wyeth

A sustaining pick-me-up in times of nervous stress, and a nourishing stimulating food in sickness or convalescence. One half to one teaspoonful in cold water or cold milk repeated as often as may be necessary.

Beef and Iron Wine (B. W. & Co.).

As a restorative and stimulant, one tablespoonful may be taken twice or thrice daily.

Belladonna Tincture, 'Tabloid' Brand, min. 5 (0.296 c.c.). [℠ B. W. & Co.]

Anodyne, antispasmodic. One or two may be taken three times daily. Used in dysentery, croup, heart-disease, spasms, etc.

Benzoic Acid, 'Tabloid' Brand, gr. 2 (0.13 gm.). [℠ B. W. & Co.]

Expectorant, antiseptic. One or two to be taken three or four times daily during the first stages of blackwater fever, to be combined with Ergotin, if hæmorrhage be present. One may be taken occasionally in bronchial catarrh attended with fœtid expectoration.

Bismuth Carbonate, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

Astringent, sedative, antiseptic. Given for pain of indigestion, for nausea or vomiting, irritable dyspepsia, for water-brash, and for indigestion caused by alcohol; also in diarrhœa and dysentery. One to four, swallowed with, or powdered and taken in, a little water two or three times daily after food.

Blaud Pill, 'Tabloid' Brand, gr. 4 (0.259 gm.). [℠ B. W. & Co.]

The most useful preparation of iron for enriching the blood in anæmia. One, gradually increased, if necessary, to four for a dose, after meals, twice or thrice daily. 'Tabloid' Blaud Pill is also issued in combination with aloin, with arsenic, with arsenic and strychnine, with cascara sagrada, etc. These combinations are of value when alterative and aperient agents, etc., are required in addition to Blaud Pill.

Borax, 'Tabloid' Brand, gr. 5 (0.324 gm.).
[℠ B. W. & Co.]

Antiseptic. One may be allowed to dissolve slowly on the tongue as an antiseptic in sore throat.

Boric Acid, 'Soloid' Brand, gr. 15 (0.972 gm.).
Unscented. [℠ B. W. & Co.]

Largely used for preparing antiseptic solutions for dressing wounds, etc. Also of great service in ophthalmia.

One to three may be dissolved in five ounces of water.

Caffeine Citrate, 'Tabloid' Brand, gr. 2 (0.13 gm.).
[℠ B. W. & Co.]

Heart tonic. One or two swallowed with water, when an attack of headache is coming on.

Calcium Sulphide, 'Tabloid' Brand, gr. ½ (0.032 gm.).
[℠ B. W. & Co.]

In cases of boils, carbuncles or suppurating wounds, one may be swallowed with water three or four times daily, after food.

Calomel, 'Tabloid' Brand, gr. 1 (0.065 gm.).
[℠ B. W. & Co.]

Alterative, purgative. *Use with caution.* One to five may be taken with a draught of water as a cathartic and liver stimulant. One twice daily as an alterative.

Capsicum Tincture, 'Tabloid' Brand, min. 5 (0.296 c.c.). [℠ B. W. & Co.]

Stimulant, carminative. One or two crushed and dissolved in a good draught of hot or cold water (with a little spirit if desired), sweetened with one product of 'Saxin,' as a stomachic or stimulant in colic, exhaustion, etc.

Cascara Sagrada, 'Tabloid' Brand, gr. 2 (0.13 gm.).
[℠ B. W. & Co.]

For occasional constipation and sluggish liver, take one to three at bedtime, preferably with a little water. If the constipation has become habitual, begin by taking one after food once daily, and gradually increase the dose, if necessary, until three are taken thrice daily. When the natural action has been established the dose may be reduced, and at length discontinued.

Cathartic Compound, 'Tabloid' Brand. [℠ B. W. & Co.]

Compound Colocynth Extract ...	gr. 1⅓ (0.086 gm.)
Calomel	gr. 1 (0.065 gm.)
Jalap Extract	gr. 1 (0.065 gm.)
Gamboge	gr. ¼ (0.016 gm.)

One or two to be taken with a draught of water at bedtime to act as a brisk, effective aperient and cathartic.

'Chinosol,' 'Soloid' Brand, gr. 8.75 (0.567 gm.).
[℠ B. W. & Co.]

A bactericide and antiseptic agent of considerable service. Being non-poisonous in the quantities usually employed, its use may frequently be preferred to the employment of corrosive sublimate. One dissolved in a pint of water forms a solution of 1 in 1,000 which is suitable for general external purposes.

Cinchona Tincture, 'Tabloid' Brand, min. 30 (1.775 c.c.). [℠ B. W. & Co.]

Tonic and antiperiodic. One to two to be swallowed with water. If stimulant is required, the 'Tabloid' product may be powdered and dissolved in a small glass of wine, whisky, brandy, or spirit and water, and taken as a draught.

Citric Acid, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

Refrigerant. One or two may be taken, either dissolved in a tumbler of water, or on the tongue, to allay thirst.

One 'Tabloid' product of Citric Acid with two 'Tabloid' products of Bicarbonate of Soda in a glass of water make an agreeable effervescent draught.

Cocaine Hydrochloride, 'Soloid' Brand, gr. ½ (0.032 gm.). [℠ B. W. & Co.]

Local anæsthetic. *Use with caution.* One dissolved in 20 drops of water may be used as an anæsthetic for the eye during operations. One dissolved in eight or ten drops of water may be employed, painted on with a camel hair brush, as a local anæsthetic for the nose, throat, or any part of the body just previous to operating.

'Coffee-Mint,' 'Tabloid' Brand. [℠ B. W. & Co.]

Sodium Bicarbonate ...	...	gr. 3 (0.194 gm.)
Ammonium Bicarbonate	...	gr. 1/16 (0.004 gm.)
Coffee Extract	...	gr. 1/2 (0.032 gm.)
Cerium Oxalate	...	gr. 1/4 (0.016 gm.)
Oil of Peppermint ...	...	q.s.

Antacid and diffusible stimulant. This preparation affords marked relief in flatulence, acidity, and also in the insomnia arising from an acid condition of the system. It is also useful in the nausea of liver derangement. The coffee extract tends to counteract depression. One to four, with water, as required.

Corrosive Sublimate, 'Soloid' Brand, gr. 1.75 (0.113 gm.). [℠ B. W. & Co.]

Powerful antiseptic. *Highly poisonous. Use with caution.* One in four ounces of water makes a solution of 1 in 1,000.

Digitalis Tincture, 'Tabloid' Brand, min. 5 (0.296 c.c.). [℠ B. W. & Co.]

Use with caution. One may be swallowed with water twice or thrice daily in certain conditions of weakness of the heart.

Dover Powder, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

Ipecacuanha with Opium. Anodyne, diaphoretic. *Use with caution.* One to three may be taken with a little water on retiring, to break up a cold, or as an astringent, or for the relief of pain.

Easton Syrup, 'Tabloid' Brand, dr. ½ (1.8 c.c.). [℠ B. W. & Co.]

An excellent restorative tonic. One to two, swallowed with water, twice or thrice daily, with or after food. This preparation, unlike the fluid syrup remains perfectly stable in hot climates.

'Enule' Brand Rectal Suppositories. [B. W. & Co.] *(Trade Mark).*

'Enule' Suppositories are far superior to the old-fashioned varieties. They are of a new shape, which facilitates insertion and prevents expulsion; each is covered with a protective sheath of pure tinfoil, which is removed just before use.

'Enule' Suppositories of various medicinal and nutritive agents are issued, among which may be mentioned 'Enule' Belladonna Extract, 'Enule' Glycerin, 'Enule' 'Hazeline' Compound, 'Enule' Meat (Predigested) and 'Enule' Milk (Predigested).

Ergotin, 'Tabloid' Brand, gr. 3 (0.194 gm.). [B. W. & Co.]

Astringent. *Use with caution.* One with a draught of water, in hæmorrhage from the lungs, bowels, or kidneys.

Ergotinine Citrate, 'Tabloid' Hypodermic, gr. 1/100 (0.00065 gm.). [B. W. & Co.]

Powerful astringent. *Use with caution.* One dissolved in 10 minims of water, and injected, will be found useful as a styptic in bleeding from the lungs, bowels, etc.

'Forced March,' 'Tabloid' Brand. [B. W. & Co.]

Contains the combined active principles of kola nut and coca leaves. It has the property of allaying hunger and thirst, and of sustaining the strength. No reaction or depressing after-effects.

Ginger Essence, 'Tabloid' Brand, min. 10 (0.592 c.c.). [B. W. & Co.]

Aromatic stimulant. One to two may be powdered and dissolved in a cup of hot water (with a little spirit if desired), and taken as a draught in colic, flatulence, etc., or as a stimulant.

Grey Powder, 'Tabloid' Brand, gr. 1 (0.065 gm.). [B. W. & Co.]

Alterative, purgative. *Use with caution.* One to four to be taken with a little water. In syphilis, one or more may be taken three times daily; if diarrhœa is caused, 'Tabloid' Dover Powder, gr. 5, is usually taken with one or two doses.

'Hazeline.' [B. W. & Co.] *(Trade Mark).*

'Hazeline' is a styptic and anodyne fluid of great efficacy, prepared from the bark of the green twigs of *Hamamelis virginiana.* It may be taken in doses of one to three teaspoonfuls, in water, for internal bleeding, or as an astringent in diarrhœa. Externally, it is of the highest value as an application, either plain or diluted with water, for piles and congested conditions of mucous membrane generally. It is the best application for cuts, abrasions, bruises and inflamed surfaces.

'Hazeline' Cream. [B. W. & Co.]

An elegant astringent and emollient application, largely used for chafed and roughened skin, eczema, piles, burns, scalds, prickly heat, etc.

Hyoscyamus Tincture, 'Tabloid' Brand, min. 10 [0.592 c.c.]. [℠ B. W. & Co.]

Nerve sedative. *Use with caution.* One to six with two 'Tabloid' Potassium Nitrate, in bladder irritation; especially in those conditions following fevers. One to six, with a draught of water, as a nerve sedative.

Ipecacuanha Powder, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

Take one as an expectorant and diaphoretic, or for gastric irritation. In dysentery, four or more may be given with one of 'Tabloid' Opium, gr. 1. Four to six as an emetic in poisoning, etc. These 'Tabloid' Products should be powdered and taken with a little water.

Iron and Arsenic Compound, 'Tabloid' Brand. [℠ B. W. & Co.]

Iron Hypophosphite	gr. 2	(0.13 gm.).
Quinine Bisulphate	gr. 1	(0.065 gm.).
Arsenious Acid	gr. 1/50	(0.0013 gm.).
Strychnine Sulphate	gr. 1/50	(0.0013 gm.).
Saccharin	gr. 1/100	(0.00065 gm.).

Tonic. *Use with caution.* One to two may be taken with a draught of water three times daily as a tonic during convalescence from malarial fevers, or as an alterative in skin affections.

Iron and Quinine Citrate, 'Tabloid' Brand, gr 3 (0.194 gm.). [℠ B. W. & Co.]

Tonic. One with water three times a day as a tonic, in anæmic conditions and nervous exhaustion. Useful in cases of neuralgia of the face.

'Kepler' Malt Extract.
(Trade Mark).

The best and most largely used Malt Extract. Of great nutritive value and a powerful aid to the digestion of starchy foods.

This sound, reliable, and highly concentrated extract is prepared from the finest winter-malted barley only. Its medicinal value depends not only on its high diastatic power, but also on the albuminoids, phosphates, etc., which it contains.

One teaspoonful to one tablespoonful, with or after food, twice or thrice daily.

'Kepler' Solution of Cod Liver Oil in Malt Extract.
(Trade Mark).

An extremely palatable and concentrated digestible food, far surpassing all its numerous imitations in nutritive value.

'Kepler' Solution is of the utmost value in wasting diseases and all debilitated conditions. Its administration is generally followed by a marked increase in strength and vitality, and by a general improvement of physique. One teaspoonful to one tablespoonful twice or thrice daily, with or after food.

'Lanoline,' 'Dartring' Brand.

'Dartring' 'Lanoline' is the original genuine preparation of the purified fat of lambs' wool, and is of similar composition to the fat of the human skin. It possesses great penetrating power combined with soothing qualities, and is, therefore, by far the best basis for ointments. It will not support germ life, and its employment for wounds, cuts, etc., is a useful aseptic measure.

The 'Dartring' Brand appears on all labels of the genuine original 'Lanoline' product.

'Lanoline,' Toilet, 'Dartring' Brand.

'Dartring' Toilet 'Lanoline' is an excellent application in cases of roughness, redness, or abrasions of the skin. Its protective and soothing properties render it of great service in relieving the discomfort of sunburn, and the irritation following exposure to wind.

Laxative Vegetable, 'Tabloid' Brand. [℞ B. W. & Co.]

(*See Vegetable Laxative.*)

Lead with Opium (B.P. Pill), 'Tabloid' Brand, gr. 4 (0.259 gm.). [℞ B. W. & Co.]

Use with caution. Anodyne and astringent. Most useful in diarrhœa. One may be taken every three or four hours, until the desired effect is obtained.

Lead Subacetate, 'Soloid' Brand, gr. 10 (0.648 gm.). [℞ B. W. & Co.]

Astringent. *Use with caution.* One dissolved in ½-pint of soft water may be applied on lint as a cooling lotion for inflammation caused by bruises, sprains, etc., or for an injection. One dissolved in a pint of rain or boiled water may be used as an eye lotion.

'Livingstone Rouser,' 'Tabloid' Brand. [℞ B. W. & Co.]

Jalap, Powdered	gr. 1½ (0.097 gm.).
Calomel	gr. 1 (0.065 gm.).
Rhubarb, Powdered	gr. 1½ (0.097 gm.).
Quinine Bisulphate	gr. 1 (0.065 gm.).

Cathartic, tonic, and antimalarial. One to three may be taken with a little water, when an attack of malarial fever threatens, and repeated in two hours if necessary. Especially adapted for use as a purgative in the tropics.

Menthol Snuff (B. W. & Co.).

An effective and convenient combination of menthol, cocaine, camphor, etc. Frequently snuffed up the nostrils, it will allay irritation and sneezing in hay fever and in common nasal catarrh.

Morphine Sulphate, 'Tabloid' Hypodermic, gr. ¼ (0.016 gm.). [℞ B. W. & Co.]

Anodyne, hypnotic. *Use with caution.* One, dissolved in 10 minims of water and injected under the skin of the fore-arm, will promptly relieve intense pain.

Nux Vomica Tincture, 'Tabloid' Brand, min. 5 (0.296 c.c.). [℞ B. W. & Co.]

One swallowed with water twice or thrice daily as a general tonic.

Opium, 'Tabloid' Brand, gr. 1 (0.065 gm.). [℞ B. W. & Co.]

Anodyne, astringent, narcotic. *Use with caution.* In cholera and dysentery, one to two may be taken with a little water, by an adult, according to the symptoms of the case. For the relief of pain one may be taken every three or four hours until the desired effect is obtained.

Peptonic, 'Tabloid' Brand. [℞ B. W. & Co.]

Pepsine	gr. 1 (0.065 gm.).
Pancreatin	gr. 1 (0.065 gm.).
Calcium Lactophosphate	gr. 1 (0.065 gm.).

Digestive. One or two, after meals, in painful dyspepsia.

Phenacetin, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

One to two, powdered, and taken in a hot fluid, if possible, will be found useful in headache, neuralgia, etc. The dose may be repeated after an interval of three hours.

Pilocarpine Nitrate, 'Tabloid' Hypodermic, gr. 1/10 (0.0065 gm.). [℠ B. W. & Co.]

Use with caution. One dissolved in 10 minims of water may be injected hypodermically when a powerful sweating agent is required, as in intermittent fever.

Podophyllin, 'Tabloid' Brand, gr. ¼ (0.016 gm.). [℠ B. W. & Co.]

Use with caution. Of service in derangements of the liver, especially when the evacuations are dark in colour.

One or two with a draught of water act as a brisk and certain cathartic.

Potassium Bicarbonate, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

Antacid. One to six, swallowed with water, twice or thrice daily, for chronic rheumatism, gout, acid dyspepsia, etc.

Potassium Bromide, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

One to six, dissolved in water and taken after food, or at bedtime, will act as a nerve sedative.

Potassium Citrate *(Effervescent)*, 'Tabloid' Brand, gr. 15 (0.972 gm.). [℠ B. W. & Co.]

Febrifuge and diuretic. One to three, powdered and dissolved in half a tumblerful of water, as a febrifuge, diaphoretic, or diuretic.

Potassium Nitrate, 'Tabloid' Brand, gr. 5. (0.324 gm.). [℠ B. W. & Co.]

One or more may be dissolved slowly in the mouth for the throat or voice. One may be powdered and dissolved in a wineglassful of water and taken as a refrigerant or diuretic.

Potassium Permanganate, 'Tabloid' Brand, gr. 1. (0.065 gm.). [℠ B. W. & Co.]

Antiseptic, disinfectant. *Use with caution.* One may be added to each pint of drinking water containing organic matter. Four in two tablespoonfuls of water approximately make the official solution of the British Pharmacopœia. Two in half-a-pint of water may be used as a gargle, or as a cleansing lotion for diseased surfaces.

Quinine Bisulphate, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

Antimalarial, tonic. In malarial fevers, one to two should be taken every two hours. In ague, one to four should be taken, followed by a glass of water, and repeated in three hours if necessary.

Quinine Hydrobromide, 'Tabloid' Hypodermic, gr. ½ (0.032 gm.) [℞ B. W. & Co.]

Antimalarial, tonic. One, dissolved in 10 minims of water and injected under the skin of the fore-arm, is useful in fever when the prompt action of quinine is required.

Salicin, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℞ B. W. & Co.]

Anti-rheumatic. Two to four to be swallowed with water twice or thrice daily in gout or rheumatism.

Salicylic Acid, 'Tabloid' Brand, gr. 3 (0.194 gm.). [℞ B. W. & Co.]

Antiseptic and antipyretic. One to two may be swallowed with a good draught of water in rheumatism, rheumatic fever and sciatica, or a solution in hot water may be employed as an antiseptic or preservative.

Santonin, 'Tabloid' Brand, gr. 2 (0.13 gm.). [℞ B. W. & Co.]

Vermicide. *Use with caution.* As an adult dose, one or two may be swallowed with a draught of water, three times daily, followed by a laxative next morning, to expel round or thread worms.

For young children 'Tabloid' Santonin, gr. 1/2 (0.032 gm.) is provided, and one or more (followed by castor oil or other purgative) may be given according to age. Some children are very susceptible to the action of santonin, so that a small dose should always be given at first.

'Saxin,' gr. ¼ (0.016 gm.). [℞ B. W. & Co.]
(Trade Mark).

One or two added to a cup of tea, coffee, cocoa or any draught or beverage (in lieu of as many lumps of sugar) will impart to it a sweet and delicate flavour. 'Saxin' is of great value in gout, glycosuria, diabetes, obesity and other conditions where sugar is not allowed.

Soda-Mint, 'Tabloid' Brand. [℞ B. W. & Co.]

Sodium Bicarbonate	... ...	gr. 4 (0.259 gm.)
Ammonium Bicarbonate	...	gr. 1/12 (0.0054 gm.)
Oil of Peppermint	... ...	q.s.

Antacid and diffusible stimulant. From one to three as a neutralising agent in irritable and acid conditions of the stomach, dyspepsia, flatulence, etc. They may be swallowed with water, or be powdered and dissolved in water and taken as a draught.

Sodium Bicarbonate, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℞ B. W. & Co.]

Stomachic and antacid. One to three in atonic dyspepsia attended by weight or pain in pit of stomach, or between the shoulder blades, and unaccompanied by constipation.

Sodium Salicylate, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℞ B. W. & Co.]

Antipyretic, anti-rheumatic. One to five, swallowed with water, twice or thrice daily, after food, in acute rheumatism, gouty troubles, etc.

Strophanthus Tincture, 'Tabloid' Brand, min. 5 (0.296 c.c.). [℠ B. W. & Co.]

Use with caution. One or two, swallowed with water, may be taken as a heart stimulant.

Strychnine Sulphate, 'Tabloid' Brand, gr. 1/60 (0.00108 gm.). [℠ B. W. & Co.]

Use with caution. One may be taken with a little water twice daily as a stimulant and nerve tonic.

Strychnine Sulphate, 'Tabloid' Hypodermic, gr. 1/60 (0.00108 gm.). [℠ B. W. & Co.]

Use with caution. One dissolved in ten minims of water and injected hypodermically is a powerful stimulant in cases of threatened heart failure, etc.

Sulphonal, 'Tabloid' Brand, gr. 5 (0.324 gm.). [℠ B. W. & Co.]

One to four may be powdered and mixed in a cup of *hot* water, and taken in the early part of the evening, for nervous sleeplessness. Sulphonal produces sound sleep lasting several hours.

Sulphur Compound, 'Tabloid' Brand. [℠ B. W. & Co.]

Precipitated Sulphur	gr. 5 (0.324 gm.)
Potassium Acid Tartrate	gr. 1 (0.065 gm.)

Mild laxative. One or more each night, or night and morning. The 'Tabloid' Products quickly disintegrate, either in the stomach or when placed on the tongue.

Tannin, 'Tabloid' Brand, gr. 2½ (0.162 gm.). [℠ B. W. & Co.]

Styptic. To stop bleeding, one or more may be pulverised, and the powder applied direct to the wound.

Internally, for hæmorrhage, and for dysentery, etc. One or two may be powdered and taken in a glass of water; or they may be slowly sucked if the effect be desired in the mouth or throat.

Trinitrin, 'Tabloid' Brand, gr. 1/100 (0.00065 gm.). [℠ B. W. & Co.]

Use with caution. One to be swallowed occasionally, as necessity arises. Useful in angina pectoris, asthma, epilepsy, etc.

Vegetable Laxative, 'Tabloid' Brand. [℠ B. W. & Co.]

Comp. Extract of Colocynth ...	gr. 1 (0.065 gm.)
Extract of Jalap	gr. ½ (0.032 gm.)
Podophyllin Resin	gr. ¼ (0.016 gm.)
Leptandrin	gr. ½ (0.032 gm.)
Green Ext. of Hyoscyamus... ...	gr. ¼ (0.016 gm.)
Extract of Taraxacum	gr. ¼ (0.016 gm.)
Oil of Peppermint	q.s.

An excellent laxative or purgative, according to the dose taken. One, twice or thrice daily, in habitual constipation, or one to three at bedtime as an occasional purge.

Voice, 'Tabloid' Brand. [See List B. W. & Co.]

(Potassium Chlorate, Borax and Cocaine Comp.) One to be slowly dissolved on the tongue as an astringent and sedative in throat inflammation, hoarseness, and ulceration of the mouth or throat.

Warburg Tincture, 'Tabloid' Brand, min. 30 (1.775 c.c.). [See List B. W. & Co.]

Used in the treatment of malarial fever. From four to eight may be taken for a dose according to the following directions.

1. Prior to administering Warburg Tincture, it is desirable for the successful action of the medicine that constipation of the bowels, if present, be relieved by a sharp aperient.

2. The general rule for giving the tincture in fevers, is to follow up the first dose by a second of the same quantity, after three hours; but in urgent cases, where the first dose does not produce benefit within two hours, the second dose may be given before the expiration of the third hour, and a third dose, if required, three hours after the second.

3. The 'Tabloid' Products should be taken on an empty stomach if possible, and it is absolutely required that no food or drink of any kind be given between the doses, and for one hour after the second, when administered in full doses.

4. In fevers, cholera, etc., where the full doses are administered, the patient should immediately after taking the third dose retire to bed. The perspiration produced by the tincture should on no account be checked, but sustained and promoted as far as possible by quietness in bed, additional warmth of covering, and avoidance of cold air.

5. In severe cases, where prompt action is particularly indicated, the 'Tabloid' Products may be given at any stage of the fever, with a good glass of warm spirit and water, without the previous use of purgative medicine; but the bowels should always be relieved as soon afterwards as circumstances will admit.

Zinc Sulphate, 'Soloid' Brand, gr. 1 (0.065 gm.). [See List B. W. & Co.]

Astringent. One or two dissolved in an ounce of water will be found useful as an eye lotion, and as an injection or astringent lotion.

"The strong thing is the just thing."

Carlyle.

'Tabloid' marks the work of Burroughs Wellcome and Company.

The use of the word is to enable the physician, chemist and patient to get the right thing with one short word, instead of the firm's long name.

If another maker applies the word to his product, the act is unlawful. 'Tabloid' is our registered trade-mark.

If a vendor disregards it, in dispensing or selling, the act is unlawful—for the same reason.

We prosecute both offenders rigorously, in the interest of physicians, chemists, patients and ourselves.

Please inform us of any instance of either offence.

BURROUGHS WELLCOME & Co.

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